

How Am I Being Treated?

Where Can I Go?

domestic violence

Am I Being Abusive?

teen dating violence

ASK YOURSELF

A DOMESTIC & SEXUAL VIOLENCE PREVENTION & RESOURCE GUIDE

warning signs

stalking

sexual assault

Do I Need Help?

Is it Time to Leave?

Dear Friend,

Domestic and sexual violence affect females and males of all ages in our communities. Throughout the last decade, Michigan lawmakers have taken a leadership role in enacting legislation to ensure the safety of our citizens. National and statewide legislation has effectively assisted victims of domestic violence, lessened the leniency for their offenders, and helped to reduce the stigma of abuse.

This publication contains information and prevention resources for any individual affected by domestic and sexual violence. Specific topics covered include myths and warning signs of domestic violence and teen dating violence, information regarding drug-facilitated rapes and sexual assault prevention, facts on stalking and cyberstalking, abuse reporting procedures, a parent and guardian's section, suggestions for helping a friend in an abusive situation and what to consider when leaving an abusive relationship.

Throughout this publication, many national, state and local crisis hotlines, professional domestic violence organizations and shelter information have been compiled for your quick reference.

It is hopeful that this prevention and resource guide will provide you or someone you know with invaluable information.

Every abusive situation is unique.

You are the only one who knows what is right for you.

*Ask yourself,
"how am I being treated?"*

Informational resources:

Centers for Disease Control and Prevention

Human Relations Media

Michigan Department of Human Services

National Domestic Violence Hotline

National Network to End Domestic Violence

National Teen Dating Abuse Helpline

RAINN (Rape, Abuse & Incest National Network)

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EVE, Inc. (End Violent Encounters)

Michigan Domestic and Sexual Violence
Prevention and Treatment Board

Michigan State Police, Michigan Incident Crime Reporting

Oakland County Coordinating Council Against Domestic Violence

Women's Resource Center of Northern Michigan

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Ask Yourself A Domestic & Sexual Violence Prevention & Resource Guide
was compiled, written and edited by Suzanne Mendel and Sandra Debnar

Please note: This booklet is not a substitute for professional domestic violence consultation, law enforcement assistance or professional legal advice.

Ask Yourself

A Domestic & Sexual Violence Prevention & Resource Guide

EMERGENCY CONTACT NUMBERS:

If you are in immediate danger, call 9-1-1

National Domestic Violence Hotline:

1-800-799-SAFE (7233)

TTY: 1-800-787-3224

RAINN National Sexual Assault Hotline:

1-800-656-HOPE (4673)

National Teen Dating Abuse Helpline:

1-866-331-9474

TTY: 1-866-331-8453

Prepared by the Michigan Legislature

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PART 1

DOMESTIC VIOLENCE

Ask Yourself

DOMESTIC VIOLENCE

You Are Not Alone. There is Help.



No one wants to admit they may be in an abusive relationship. When you are hurt by someone you love, you may feel like you are the only one this happens to. Know that you are not alone, and there is help available.

What is Domestic Violence?

Domestic violence is a pattern of assaultive and controlling behaviors that one person uses against another in order to gain or maintain power in an intimate relationship.

Domestic violence is the abuse of a person in the same family or household or with whom the partners have a child in common. This includes violence between partners in a dating or sexually intimate relationship. Domestic violence also includes the abuse of children, siblings, and the elderly.

Domestic abuse can include physical and sexual assaults, emotional abuse, social isolation, financial control, coercion, use of children, threats, stalking, intimidation, and abuse of pets and other animals. These are all tactics used by an abuser in a relationship to

control another. Many victims experience abuse repeatedly, and some may die as a result.

Domestic abuse can happen to anyone regardless of age, gender, race, culture or religion. It occurs in communities across all economic, ethnic, educational, marital, and employment status groups. Partners can be married or separated, living together or dating, in same-sex or opposite-sex relationships. Other terms used for domestic violence are spousal abuse, dating violence, battering, and intimate partner violence (IPV).



According to the Michigan State Police, there were 95,024 victims of domestic violence reported in Michigan for 2011.

Who is an Abuser?

There is no “typical” abuser. The most commonly reported abuser is a husband, ex-husband, or current or former intimate partner. **Abuse is a choice.** The abuser may use their violent family history as an excuse to validate why they abuse. They may seem friendly and loving to their partner in public, but abuse in private. Abusers often cause injuries that can be concealed and do not need a doctor.

Abusers may also place blame on those they abuse; they may be manipulative in all of their relationships and have strong verbal persuasiveness skills. Some abusers feel it is their “right to discipline” their partners and rarely do they see their behavior as a problem. A common excuse is that they “lost control,” when actually they use abuse to *gain* control over their partner.

Generally, abusers continue to batter unless apprehended, convicted, and successfully treated. Even if their partner leaves, many abusers continue to harass, threaten and assault them. If an abuser becomes involved with someone else, it is likely his or her battering tactics will continue.

Who is Affected?

Both men and women can be victims of domestic violence. However, females (age 12 and older) are 5 times more likely than males (age 12 and older) to be victims of intimate partner violence (*U.S. Department of Justice, 2009*). The Michigan State Police reports that of all domestic violence victims in 2011, 62% were abused by their intimate partner and, of these, 79% were female.

Even if children are not involved or do not witness the abuse firsthand, they are almost always aware of it. Some children attempt to protect their mothers. As a result, the child may be injured while “getting in the way” of an assault. Other children may identify with the batterer and become abusive to their mother and siblings. They are learning early that abuse is a normal part of an adult relationship.

A study on the effects of childhood stress on lifetime health found that as the frequency of witnessing domestic violence increased, the chance of alcoholism, substance abuse, depression and serious health problems also increased (*Centers for Disease Control and Prevention, 2008*).

Domestic violence is not a “family matter.” It is a crime.



Abusive Behaviors to Watch For

Abusers will attempt to control their partners in a variety of ways.

The following is a list of some common abusive behaviors:

USE OF ISOLATION — The abuser may try to cut off your relationships from family and friends, limit your outside involvement in events or activities, limit use of a vehicle, behave jealously and be suspicious of you.

ECONOMIC — The abuser may control all aspects of the finances and deny you access to bank accounts, cash and credit cards; prevent you from getting or keeping a job; keep you from going to school and limit your health prescriptions and dental insurance.



THINK ABOUT IT: *An abuser will use the same abusive tactics with any partner they are in a relationship with.*

EMOTIONAL — The abuser may try to manipulate your emotions, be hypersensitive and get easily insulted and/or overreact, try to humiliate or ridicule you in public, may play “mind games” to make you feel bad or guilty, threaten to expose your weaknesses or spread rumors about you.

INTIMIDATION — The abuser may use threatening behavior or verbal aggression; abuse pets and/or other animals; strike or throw objects at or near you; destroy property, especially beloved possessions.

How the abuser chooses to react or behave is not your fault.

You may hear, from your abuser’s relatives or ex-partners, that they have used force with other dating partners before.

COERCION — The abuser may threaten to find someone else if you don’t comply with their demands, involve the children, threaten to harm his/her self or commit suicide if you break off the relationship.

DENY, OR BLAME OTHERS — The abuser may tell you it’s your fault; blame everyone else for their problems, including you for “making them angry,” or for “making them hurt” you.

DUAL PERSONALITY — The abuser may have sudden mood changes and appear to be two different people; they may act differently in public than when alone with you.

PHYSICAL — The abuser may physically assault you by one or more actions such as hitting, shoving, grabbing, slapping, strangling, burning, biting, kicking; or may use force during an argument such as holding you down or restraining you.



SEXUAL ACTIVITY — The abuser may coerce or force you to engage in *unwanted* sexual activity, may use drugs or alcohol to impair you in order to have sex, may refrain from using birth control or allowing you to use it in an attempt for you to become pregnant.

STRICT GENDER ROLES — The abuser may want to enforce their idea of gender-specific duties in the home and with other family members, may make everyone obey all directions, and become possessive or angered if challenged.

Every person is worthy of respect, to be treated equally, and to have control over one's own body and self.



Common Myths and Why They are Wrong

MYTH: *"Domestic violence is not a problem in my community."*

THE TRUTH: In 2011, the Michigan State Police reported victims of domestic violence in all 83 Michigan counties. Michigan State Police records from 2011 also show that a woman is 15 times more likely to be killed by a partner or former partner.

MYTH: *"Domestic violence is a personal problem between spouses, or partners, and I shouldn't get involved."*

THE TRUTH: Intervention from family and friends can be very effective in helping someone escape an abusive relationship. Victims of violence lose a total of nearly 8 million days of paid work – the equivalent of more than 32,000 full-time jobs – as a result of the violence (*Centers for Disease Control and Prevention, 2003*).

MYTH: *"Domestic violence is caused by alcohol and drug abuse, stress, and mental illness."*

THE TRUTH: Alcohol use, drug use, and stress do not *cause* domestic violence, though they may coincide with it. Abusers often say they use these excuses as the reason for their violence.

Domestic violence is rarely caused by mental illness, but it is often used as an excuse for domestic violence (*Michigan Judicial Institute, Domestic Violence Benchbook, 1998*).



Men and women can contact the National Domestic Violence Hotline at 1-800-799-SAFE.

MYTH: *"Domestic violence happens only to poor women and women of color."*

THE TRUTH: Domestic violence happens in all kinds of families and relationships. Persons of any class, culture, religion, sexual orientation, marital status, age, and sex can be victims or perpetrators of domestic violence.

A 2001 U.S. study revealed that 85 percent of victims were female with a male batterer. The remaining 15 percent includes intimate partner violence in gay and lesbian relationships and men who were battered by a female partner.

MYTH: *"Some people deserve to be hit."*

THE TRUTH: No one deserves to be abused. Period. The only person responsible for the abuse is the abuser. This includes physical violence among family members.

**Violence is wrong
and it is against the law.**

MYTH: *"If it were that bad, she would just leave."*

Batterers are very good at making victims think that the abuse is their fault. Victims often stay because they are made to think they cannot survive on their own. Abusers may also create a financial situation that makes leaving nearly impossible.

Some survivors want the abuse to end, not the relationship.

THE TRUTH: **There are many reasons why victims may not leave.**

- Economic and emotional dependency
- Lack of work experience
- Lack of support from family or friends
- Lack of information regarding shelters and other options
- Prospect of a much lower standard of living
- May still love the abuser or believe they will change
- Children may create a hesitancy to leave or separate from the abuser.
- Guilt may make the victim feel responsible for keeping the family together.
- Some victims may be immobilized by fear.
- Leaving is the most dangerous time for victims as many abusers escalate their violence upon separation. Abusers may threaten to hunt down their victims in order to maim or kill them. This threat is very real.

MYTH: *"Domestic violence doesn't happen to men."*

THE TRUTH: While the overwhelming majority of domestic violence victims are women battered by men, males can also be victims. Some are battered by their intimate male partners and a smaller percentage by their female partners.

It can sometimes be even more difficult for male victims to come forward, but it is important to know that there are domestic violence programs in the state that provide services to ANY victim of domestic violence, regardless of gender.



ABUSE is Used to Maintain

Abuse can take the form of physical assaults such as slapping, pushing, kicking, punching, strangling or striking someone in any way. All forms of abuse are intentional tactics used by the abuser to entrap their partner in the relationship.

TYPES OF ABUSE

ECONOMIC CONTROL

ISOLATION/ EXCLUSION

SEXUAL COERCION

EXAMPLES OF ABUSE

Forbidding you to work or sabotaging employment opportunities

Taking your paycheck without your consent

Making you ask for money or giving you an "allowance"

Not letting you know about or have access to family income

Running up large debts on joint accounts

Stealing your identity, property or inheritance

Controlling what you do, who you see or talk to, what you read, or where you go

Not allowing you to take the car

Limiting your outside involvement

Using jealousy to justify abusive actions

If you are a woman, purposefully getting you pregnant

Getting you drunk or drugged to have sex

Making you perform sexual acts you normally wouldn't do

Saying things like: "If you loved me, you would..."

Persistently harassing you by sexting or sexual bullying

Power and CONTROL.

The abuser is the only one who can choose to stop their violent behavior. There are many resources available to assist victims when faced with abuse.

THREATS

MINIMIZE/ DENY/BLAME

EMOTIONAL

INTIMIDATION

Making threats to hurt you

Making threats to commit suicide

Making you drop previous charges

Making you do illegal things

Threatening to take your children

Making light of the abuse and not taking concerns about it seriously

Saying the abuse didn't happen

Shifting responsibility for the abusive behavior

Saying you caused the abuse

Putting you down

Telling malicious lies about you to your friends

Making you feel bad

Calling you names

Playing "mind games"

Making you think you're "crazy"

Humiliating you

Making you feel guilty

Making you afraid by using looks, actions, or gestures

Threatening to expose your weaknesses; spreading rumors, humiliating, embarrassing, manipulating or controlling you

Smashing things or destroying property

Abusing pets or other animals

Displaying weapons

Ask Yourself



There are Laws to Protect You

In 1978, the Michigan Legislature enacted the first of several aggressive statutes dealing with the plight of domestic violence victims. In 1994, many public acts imposing even more stringent laws were passed, making our state a leader in the fight against domestic violence.

Today, every county in Michigan is covered by a domestic violence program that includes shelter, crisis intervention centers and telephone hotlines.

The Michigan Coalition to End Domestic & Sexual Violence (MCEDSV) was established in 1978 to speak on behalf of victims of abuse statewide. Comprised of shelters, service providers, and other concerned individuals, MCEDSV is now part of a national movement working to prevent

and eliminate abuse by increasing awareness and coordinating the exchange of skills, information, and resources.

Also in 1978, legislation established the governor-appointed Michigan Domestic and Sexual Violence Prevention and Treatment Board (MDSVPTB) within the Michigan Department of Human Services. The Board administers state and federal funds appropriated to support community-based shelter, counseling, and advocacy services. The Board works collaboratively to develop and implement policies and training for law enforcement, the courts, and human services, as well as advises the legislature regarding domestic and sexual violence issues.



Listed below are just a few of Michigan's laws pertaining to domestic violence. If you would like more information or the full text of the law, please visit the Michigan Legislature's website, www.legislature.mi.gov.

Please note: *The laws listed below should not be used in place of legal counsel or the advice of a domestic violence professional.*

SIMPLE AND AGGRAVATED DOMESTIC VIOLENCE

MCL 750.81 – 750.81a

Simple domestic assault is defined as: an assault or assault and battery committed against a current or former spouse, an individual with whom the defendant has had a child, or a current or former resident of the offender's household.

Increased penalties are provided for aggravated domestic assault, defined as an assault without a weapon which inflicts serious or aggravated injury.

ASSAULT AND BATTERY; "DATING RELATIONSHIP" DEFINED

MCL 750.81(2), (3), (4), (6)

This Michigan law defines an individual who assaults or assaults and batters his or her spouse or former spouse, an individual with whom he or she has or has had a dating relationship, an individual with whom he or she has had a child in common, or a resident or a former resident of his or her household is guilty of a misdemeanor or felony depending on previous convictions and is punishable by imprisonment or fines, or both.

According to this law, "dating relationship" means frequent, intimate associations primarily characterized by the expectation of affectional involvement. This term does not include a casual relationship or an ordinary fraternization between two persons in a business or social context.

ARREST WITHOUT A WARRANT; ASSAULT AND BATTERY OR INFLICTION OF SERIOUS INJURY WITHIN HOUSEHOLD

MCL 764.15a

This law is commonly known as the domestic violence warrantless arrest statute. It allows the peace officer to make an arrest if the officer has "reasonable cause" to believe that an assault has taken place, or is taking place, and the person who committed the violation and the victim has had a child in common, resides or has resided in the same household as the victim, has or has had a dating relationship, or is a spouse or former spouse of the victim. Under these circumstances, the peace officer may arrest the suspect without a warrant, and regardless of whether the violation was committed in the presence of the officer or not.

SPOUSAL RAPE LAW

MCL 750.520I

Public Act 138 of 1988 amended Michigan's criminal code to provide that a person be charged with and convicted of criminal sexual conduct "even though the victim is his or her legal spouse."

PERSONAL PROTECTION ORDERS

MCL 552.14; 600.2950; 600.2950a

A victim of assault or stalking may obtain a personal protection order to restrain the person who committed

Continued on page 12



the offense from doing one or more of the following:

- 1) entering onto premises;
- 2) assaulting, beating, molesting, or wounding the victim;
- 3) threatening to kill or physically injure the victim;
- 4) removing minor children from the person having legal custody in violation of a custody or parenting time order issued by the court;
- 5) engaging in stalking behavior;
- 6) purchasing or possessing a firearm;
- 7) interfering with the victim's efforts to remove the victim's children or personal property from premises solely owned or leased by the person to be restrained;
- 8) harassing or interfering with the petitioner at his or her place of employment;
- 9) any other specific act or conduct that interferes with personal liberty or that causes a reasonable apprehension of violence.

The personal protection order may be obtained regardless of marital status as long as the victim and abuser resided in the same household at some time, have a child in common, or have had a dating relationship. The circuit court provides standardized forms to obtain a personal protection order and may provide assistance in completing the forms. Your local domestic violence program can also help with this.

The court must issue a personal protection order if there is reasonable cause to believe that the individual to be restrained or enjoined may commit one or more specified acts (numbered 1-9 above), or the court will state in writing the specific reasons why the order was refused. A personal protection order

may not be made mutual unless separate orders are issued on the basis of petitions by both parties. **A personal protection order is effective immediately and instantly enforceable anywhere in Michigan when signed by the judge.**

Whether the order has been served or not, the court clerk is directed to send it to the designated law enforcement agency when the judge signs it. It is important to keep a true copy of the order with you at all times. You can also make additional copies. The police are allowed to enforce a personal protection order if they either have a copy of it, see a copy of it, or learn of its existence through the Law Enforcement Information Network (LEIN). Any law enforcement agency receiving a copy of the order must immediately enter it into the Law Enforcement Information Network.

VIOLATIONS OF A PERSONAL PROTECTION ORDER

MCL 600.2950; 600.2950a; 764.15

If an individual has not been personally served with a copy of the personal protection order, a law enforcement agency responding to a domestic violence call must either serve the enjoined individual with a copy of the order, or advise the individual that the order exists. Additionally, the attacker or stalker must be told how to obtain a copy of the order, what conduct is prohibited, the penalties imposed for violation of the order, and what is necessary to comply. If an individual fails to comply, law enforcement officers can make an arrest for violation of the order.

If an individual has been personally served, a police officer may

Continued on page 13

make an arrest without a warrant if the officer has reasonable cause to believe that any or all prohibitions of a personal protection order have been violated.

CRIMINAL SEXUAL CONDUCT STATUTE

MCL 750.520b - e

There are four degrees of criminal sexual conduct.

First and third degrees involve forced or coerced sexual penetration usually known as rape. This can involve vaginal, anal, or oral penetration, or putting a finger or object in another person's genital or anal opening.

Second and fourth degrees involve forced or coerced sexual contact. This includes touching the groin, genital area, inner thigh, buttocks, or breasts, or the clothing covering those parts.

How prosecutors decide which degree to charge a defendant with depends on a number of factors such as: more than one rapist; a weapon used; a physical injury other than the rape; extortion; the element of surprise; if the victim is under 13 years of age; the rapist is a member of the family, or has a position of authority.

Criminal sexual conduct does not require a witness other than the survivor. **It is still a crime if the rapist is your spouse.**

Listed below are a few of Michigan's stalking laws. If you would like more information or the full text of the law, please visit the Michigan Legislature's website, www.legislature.mi.gov.

STALKING

MCL 750.411h

Stalking is defined as a willful course of conduct involving repeated or

continuing harassment of another individual that would cause a reasonable person to feel terrorized, frightened, intimidated, threatened, harassed, or molested, and that actually causes the victim to feel terrorized, frightened, intimidated, threatened, harassed, or molested.

Behavior such as following the victim, showing up at the victim's home or work, approaching or confronting the victim in public or in private, making unwanted calls or sending mail or electronic communications, or leaving objects or "presents" for the victim at home, work, on/in the car, or other property can be used as evidence of stalking.

Stalking is a misdemeanor, punishable by imprisonment of up to 1 year and/or a fine of up to \$1,000 and under certain circumstances a felony, punishable for not more than 5 years and/or a fine of up to \$10,000. An individual found guilty of stalking may be put on probation for up to 5 years and must refrain from stalking any individual or having any contact with the victim of the offense. Mandatory counseling may be ordered for the assailant at his or her own expense.

AGGRAVATED STALKING

MCL 750.411i

An individual who engages in stalking is guilty of aggravated stalking if his or her actions include one or more of the following: making a credible threat of injury to the victim or a member of the victim's family or household; violating a domestic assault or anti-stalking restraining order; violating a condition of bond, pre-trial release of probation arising from a

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DOMESTIC VIOLENCE

stalking charge; or having a previous conviction for stalking or aggravated stalking.

Aggravated stalking is a felony, punishable by imprisonment of up to 5 years, and/or a fine of up to \$10,000. Probation may also be ordered for any

number of years, but not less than 5 years. The terms of probation may include an anti-stalking order, a no-contact order, and/or mandatory counseling for the stalker, at his or her own expense.

Notes

www.legislature.mi.gov

The Michigan Legislature's website allows you to search and read the laws of our state. You can use the Michigan Compiled Law (MCL) number or use a keyword to search for each law:

STEP 1
Click on
"Basic MCL Search"

STEP 2
Choose how
you want
to search the laws.

If you know the
MCL Number,
type it in here.

You can also search
using keyword(s),
by typing them here.

Use quotation marks
around multiple words,
for example, "personal
protection orders".

Please note: Self-generated legal searches should not replace the advice and assistance that is available from law enforcement, an attorney, or your local domestic violence or sexual assault organization.





PART 2

IF YOU ARE BEING ABUSED
IF YOU ARE BEING ABUSED

Ask Yourself

IF YOU ARE BEING ABUSED

If you are in an abusive relationship, you have the most insight into your relationship and the dangers that exist. Each situation is as different as the people involved.

It can be helpful to talk to someone who understands the difficulties of your situation. Consider calling a help line, or contacting a domestic violence program in your area for information on support groups or independent counseling.



Theories Behind Violent Behavior

Since the early 1970s, when the movement for increased awareness of domestic violence began in the United States, many theories as to the causes of violent behavior have been developed and studied.

The blame for the abuse, which was once placed on the victim, regarded as a form of mental illness, or caused by alcohol and drug abuse, has since been shifted to the batterer and his or her violent behavior.

Over time, the recognition of a batterer's intent to gain control over their partner's actions, thoughts and feelings grew out of many discussions with both victims and abusers.

A theory evolved that in abusive relationships, the batterer uses various tactics (verbal, psychological, physical and sexual abuse) to reinforce a dominant position over their partner.

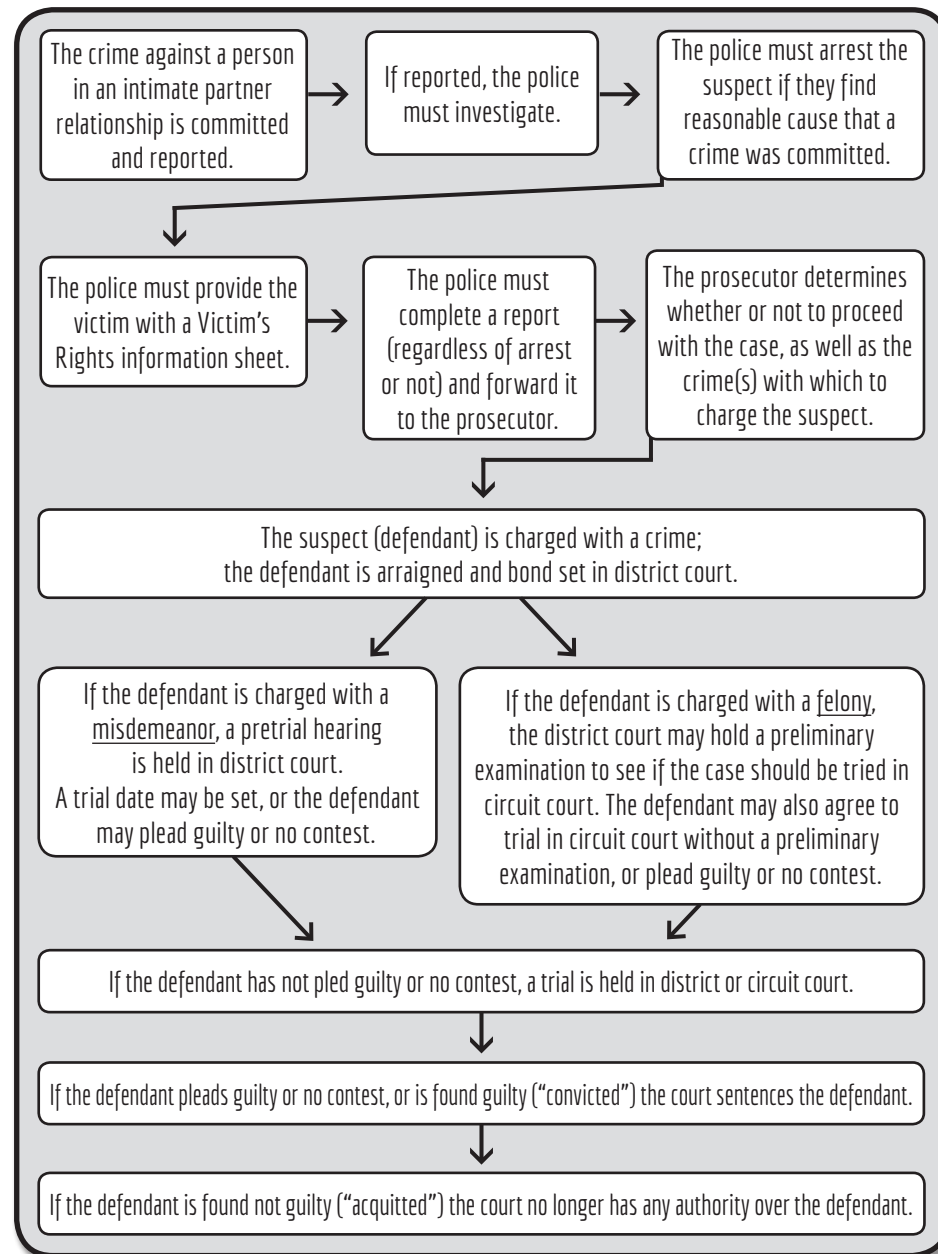
Violent incidents are not isolated instances of a loss of control, or even cyclical expressions of anger. Rather, each instance is part of a larger pattern of behavior designed to exert and maintain power and control over the victim.

Further studies conclude that the larger context of society, as a whole, needs to be taken into account to explain the dynamics of abusive relationships. Additionally, how society responds to violence between partners is also important.

As more legal professionals communicate and work together with local law enforcement and medical professionals, housing and social service agencies and domestic violence advocates, there will be more effective devices in place to protect victims and hold abusers accountable.

Adapted from the Minnesota Advocates for Human Rights, 2003, "Theories of Violence."

What to Expect if Intimate Partner Violence Occurs and is Reported to the Police



From the Michigan Domestic and Sexual Violence Prevention and Treatment Board, Dating Violence Youth Education Packet.



If Your Abuser Comes to Your Work



Husbands and boyfriends commit 13,000 acts of violence against women in the workplace every year.¹

Domestic violence can afflict victims at work in many ways, such as threatening phone calls or unexpected visits from the abuser, as well as actual incidents of violence. It is well known that violence often increases when the victim leaves or attempts to leave the relationship. The workplace can then become the easiest place to locate and gain access to the victim.

Employees who are coping with domestic violence have reported that it has a negative impact on their job performance. The American Institute of Domestic Violence found that with such employees, 96% experience problems at work due to abuse, 74% are harassed while at work by their abuser, 56% are late to work, 28% leave work early, and 54% miss entire days of work.

Consider Talking to Your Employer

It is understandable that you may not want your employer or coworkers to know you are being abused. However, only when your employer knows of the potential danger you may be in can steps be taken to increase your safety while you are at work.

Employers should consider working closely with the victim, security, and local law enforcement to help create a safer environment and be able to respond quickly if a violent incident or threat occurs.

For professional assistance or to implement an Employee Assistance Program (EAP) at your workplace, employers and employees can contact:

**United States Attorneys
Employee Assistance Program
1-888-271-0381**

¹ United States Attorneys' Bulletin, November 2005, "Domestic Violence in the Workplace."

A personal protection order, or PPO, is an order issued by the Circuit Court. It can help to protect you from being abused, threatened, or stalked by another person.

What Can a PPO Do?

- The PPO may prohibit someone from coming into your home or harassing you at work. *Even if a survivor has left their abuser, the work site is one place where the abuser can find them.*
- The PPO can prohibit them from buying a firearm or finding your address through school records.
- The PPO can also prohibit them from taking your minor children unless required by the court.
- There is no cost to file a PPO.

Who Can Get a PPO?

Anyone who has been physically or sexually abused or threatened by someone they have been married to, lived with, dated, or have a child with, can get a PPO.

Some examples may include:

- a current or former spouse, family member, partner, other parent of your child, or current or former person you have dated.
- anyone who has been stalked.

How Do I Get a PPO?

You file for a PPO with the Circuit Court Clerk's office in your county. PPO standards are the same, but practices may vary by county. *It may be helpful to contact your local domestic violence program for help with this process.*

What Should I Bring?

- A statement telling the court what has been going on. Make sure to list everything including dates and details the best you can. *NOTE: Inaccuracies can harm your case and be used against you. The abuser will be able to read this statement.*
- Police reports, medical records, photographs, or witnesses if you can get them;
- Information about the abuser: current address, date of birth or age, hair color, eye color, height, weight, address, Social Security number, driver's license number;
- Any court papers you have. For example, custody and/or parenting time orders, lease agreement, divorce papers, or criminal case records.



**CARRY A COPY OF
YOUR PPO WITH
YOU AT ALL TIMES.**

*This will help police
enforce the PPO if
there is a violation.*



Safety When Using a Computer

A computer may be monitored by an abuser. It is impossible to erase all "tracks" left after visiting websites, so it is always safer to use a computer the abuser cannot access.

When you use a computer, especially when you are on the Internet, it automatically records information such as what websites you have visited, what you have posted online, or what you have said in a "chat room." There is no way to completely erase the trail of your online activity.

If you are in a dangerous relationship, please take precautions to protect yourself when using a computer:

- If you think you are being monitored on your home computer, don't suddenly stop using it since this may make your abuser suspicious. You may want to keep using this computer for activities, like looking up the weather.
- Create a new email account if you suspect that anyone can access your email. Consider creating an additional email account on a safer computer like at a library or a trusted friend's house.

Do not create or check this new email from a computer your abuser can access.



It may be safer to use a computer at a library or trusted friend's house.

- Create email addresses that do not contain your real name. Do not provide detailed information about yourself.
- Never choose to have a computer remember your passwords.
- Some Internet browsers have options to turn on "private browsing modes." When this feature is turned on, the history of websites you have visited will not be stored.
- Uncheck the "Use Inline Auto-complete" box. This function will automatically complete an Internet address when you start typing in the Internet address box. This could give hints to your abuser about which websites you have visited.
- If an abuser sends you threatening or harassing email messages – **save them as evidence of this abuse.** These messages may also constitute a federal offense.

Creating a Secure Password

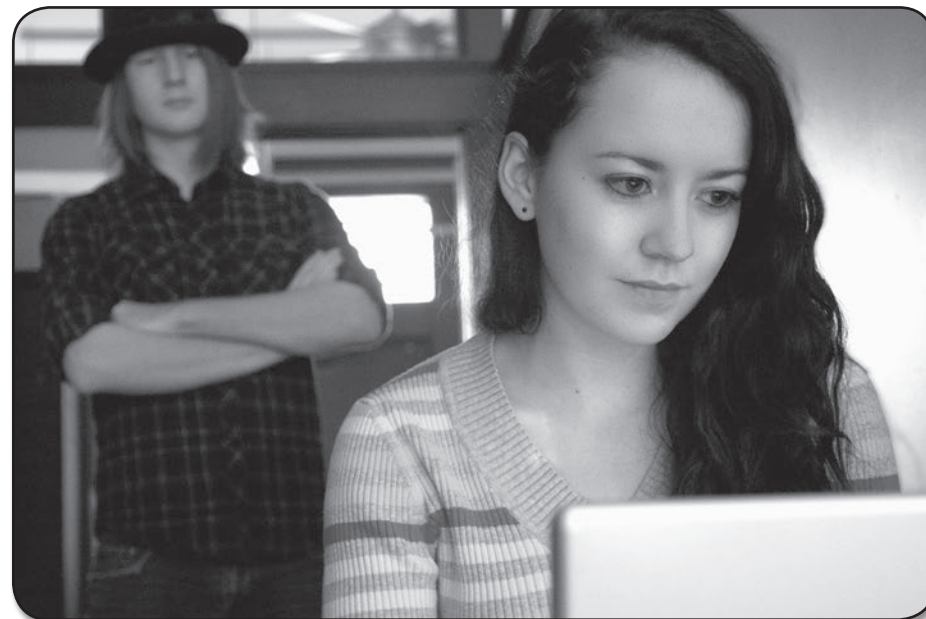
- **The safest passwords contain both letters and numbers.** Avoid words your abuser may easily guess, such as family names or important dates. Make your passwords at least 8-10 characters long.
- **Change your passwords often.** Your abuser may have guessed your password or secretly used spyware or keylogging software to gain access to your accounts. These allow the user to follow every mouse click and keystroke you make on your computer.
- **Avoid using the same password for different accounts.** Each email or online account you create should have a different password.

Be Cautious With Your Personal Information Settings on Social Networking Sites

- Set your pages on Facebook, MySpace, Twitter and other social sites to "private" and "friends only." CAUTION: This will not guarantee that your information is completely private.
- Limit the amount of personal information you include in your public profile or "bio."
- Be aware that messages/photos you post on your page and your friend's pages can possibly be viewed by your abuser.

Discuss with friends and family what type of information may not be safe for them to post about you.

There is no way to completely erase the trail of your online activity.



The Crime of Stalking



In 2011, the Michigan State Police reported 26,262 victims for the crime of Intimidation/Stalking.

Stalking is repeated harassment that makes you feel scared or threatened. Stalking can be directly related to domestic violence, or can involve complete strangers.

If you feel you are being repeatedly harassed, terrorized, frightened, intimidated, threatened, or molested by another individual, you may be a victim of stalking. **Stalking is against the law.**

All forms of stalking, whether domestic-violence related or by a stranger, can escalate over time and should be considered dangerous and unpredictable. *Call 9-1-1 if you are in immediate danger.* Also, seek assistance from law enforcement, advocates, and the courts to intervene and stop the stalking.

Stalkers may embark on long-term, calculated “campaigns” of harassment that threaten the safety and livelihood of their targets and the target’s family, workplace, and property. Approximately

6.6 million people are stalked in the U.S. each year. Reports have shown that, of stalking victims, 76% were female and 24% were male. The average duration of stalking behavior is two years.

One common misconception is that there is, or has been, a relationship between the stalker and the victim. This is not always the case. Oftentimes, the offender develops a fantasy-based, one-way relationship after only a casual introduction, and begins to stalk the victim. This can be very confusing for the victim, while the offender sees it as a “loving,” two-way relationship.

Contact local law enforcement and document all incidents whether you plan to file formal charges or not.

1 in 4 women and 1 in 13 men have experienced stalking in their lifetime.¹

¹ National Intimate Partner and Sexual Violence Survey, 2012. Centers for Disease Control and Prevention.

Examples of Stalking Behavior

Repeated, unwanted and intimidating course of conduct such as:

- following or confronting you or appearing within your sight;
- appearing at your workplace or your home;
- entering or remaining on your property;
- leaving an object like a “gift” of any kind on your property;
- contacting you by phone, letters, text messages, emails or social media;
- threatening you with harm or death;
- finding out about you through your garbage, public records, online searches; or contacting family, friends, neighbors or co-workers;
- any other behavior or action that threatens, controls, or tracks you.

Precautions

- ✓ **Always trust your instincts.** If you feel afraid, don’t ignore it.
- ✓ Obtain a new, unlisted phone number. Have the number blocked and screen calls with voice mail or an answering machine.
- ✓ Vary the times and routes you take to work or frequently visited places.
- ✓ Avoid wearing headphones or earbuds when outside. Be aware of your surroundings at all times.
- ✓ Travel with friends, limit time spent alone and try to stay in public areas.
- ✓ Consider a stalking PPO (see page 21).



“I didn’t know where he was; therefore, he was everywhere.”

Stalking can leave lasting emotional scars. Many people who have been stalked express, “You can’t let fear stop you from living your life... you have to continue to move forward and refuse to hide.” Law enforcement can help, as well as support from family, friends, and professional advocates and resources.

No one deserves to live in fear.

Collecting Evidence

- ✓ Document the stalker’s activities in a journal; include details and record as soon as possible after each incident.
- ✓ Save any phone or text messages, letters, emails, or gifts from the stalker.
- ✓ Videotape or photograph the stalker’s activities if safe and possible.
- ✓ Collect any identifying information about the stalker such as personal appearance, license plate number, type of car, address if known, and other identifying characteristics.



Cyberstalking and High-Tech Harassment

Potential stalkers may find it easier to stalk via a remote device rather than confront their victim face to face.

In today's world of high technology, stalkers and abusers can easily use a variety of electronic devices and computer applications, including cell phones, to pursue, harass and stalk their victim. This form of stalking is often referred to as **cyberstalking**.

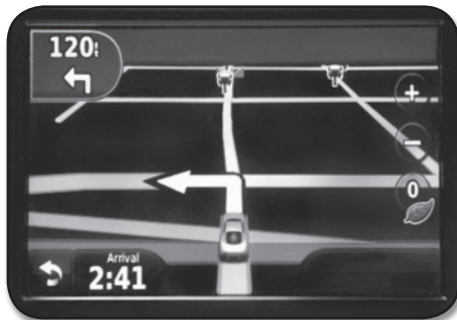
A cyberstalker repeatedly uses the Internet to harass their victim through social networking sites, emails and/or text messages. The cyberstalker may also acquire or impersonate the victim's identity and invite third parties to further their stalking behaviors. A victim can feel overwhelmed, fearful, and intimidated, even though the stalking is not a physical presence.

Take cyberstalking seriously. To help establish a record of stalking incidents and behaviors, document your experiences and save menacing or harassing messages and emails.

If unresolved, cyberstalking can escalate to being stalked using courier mail, excessive or threatening phone calls, and even physical contact such as coming to your residence or workplace.

Be Aware

- GPS tracking devices can be hidden on vehicles and in belongings.
- Location tracking can be enabled as part of a family cell phone plan that the abuser can view. They may also

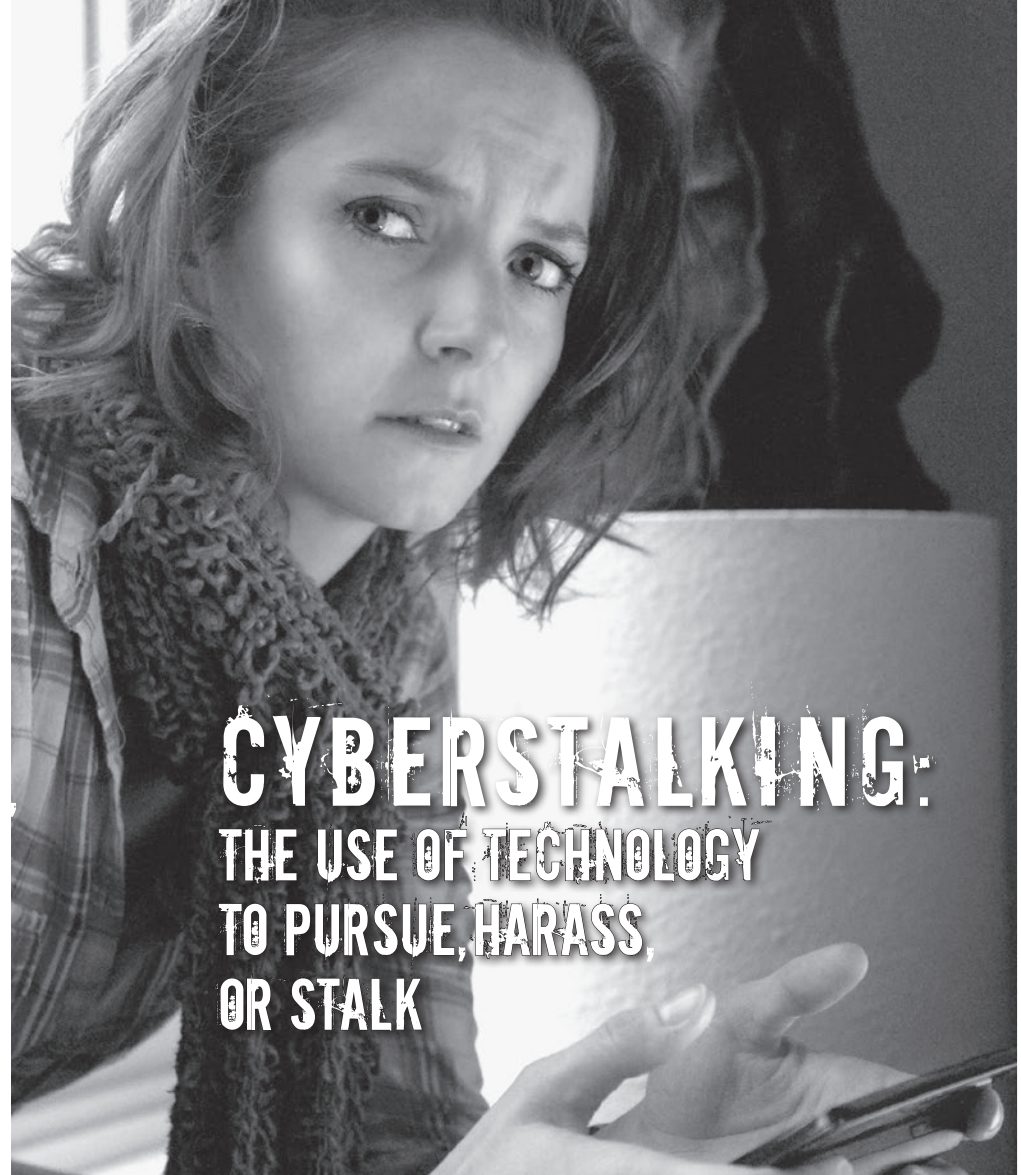


be able to view recently used maps on the phone or a computer the phone's data has been synced with.

- Many cell phone cameras come enabled with geo-tagging features. This means that latitude and longitude location data is embedded in all photos taken with the cell phone. Most cell phones allow this option to be turned off.

Keep In Mind

- If you are arranging escape plans, **USE A DONATED OR NEW CELL PHONE.** Try not to use a shared or family cell phone because billing records and phone logs might reveal your plans to your abuser. *Your local crisis shelter may be able to provide you with a safe cell phone or prepaid phone cards.*
- Electronic recording and voice transmission devices, such as baby monitors and speaker phones, should be turned off during sensitive conversations.
- Many courts and government agencies are publishing records to the Internet. Attempt to keep your personal information as private as possible. **To protect your safety, request that access to your files be restricted.**



**CYBERSTALKING:
THE USE OF TECHNOLOGY
TO PURSUE, HARASS,
OR STALK**

For more information and ways to protect yourself, visit:

WWW.NNEDV.ORG/RESOURCES/SAFETYNETDOCS
(NATIONAL NETWORK TO END DOMESTIC VIOLENCE)



Is it Time to Leave?



Only you know when, and if, you should leave.

Trust your instincts – you know what is best for your situation.

Whether or not to leave an abusive relationship is a very complex and personal decision. There are many things to consider. You, however, are the only one who can make that choice. Know that you are not alone and there are people trained to help you when you are ready.

If you feel you can do it safely, call a domestic violence program in your area or 24-hour crisis helpline. They can help you develop a safety plan.

Domestic violence programs also offer services such as housing assistance, counseling, helping you obtain a personal protection order, and providing information related to your legal options.

It is important to know the violence may get worse when you show signs of independence or try to leave.

THIS CAN BE A VERY DANGEROUS TIME.

Call your local domestic violence resource for all of your options.

Plan and Prepare

If you are considering leaving your abusive relationship, careful planning may increase your safety.

THINK ABOUT

- ☐ Have a bag packed. Keep it hidden, but accessible, in case you need it quickly. (For some ideas of items to pack, see the list below.)
- ☐ Identify safer rooms in your home where there are less potential weapons (the kitchen, for example). Practice how to get out of your home quickly and safely.
- ☐ Identify a trusted neighbor you can tell about the abuse. Ask that they call the police if they hear you being assaulted.
- ☐ Think of several places you could go if you had to leave home and make plans for any pets you have.
- ☐ Contact your local domestic violence program, shelter, or rape crisis center to learn about free 9-1-1 cell phones.
- ☐ Open a savings account in *your name only* to have a secure place to save money for yourself.
- ☐ Memorize your local domestic violence program's phone number.

Always call 9-1-1 if you are in immediate danger.

ITEMS TO CONSIDER PACKING:

- | | |
|--|---|
| <input type="checkbox"/> Money (cash) | <input type="checkbox"/> Social service I.D. cards and medical I.D. cards |
| <input type="checkbox"/> Spare keys to car, house, and work | <input type="checkbox"/> Passports, green cards, work permits |
| <input type="checkbox"/> Checkbooks, credit cards | <input type="checkbox"/> Lease/rental agreement |
| <input type="checkbox"/> Extra clothes | <input type="checkbox"/> Bill payments and any unpaid bills |
| <input type="checkbox"/> Medications | <input type="checkbox"/> Baby items, small toys for your children |
| <input type="checkbox"/> PPO, divorce papers, custody orders, insurance papers | <input type="checkbox"/> Pictures, jewelry, things that mean a lot to you |
| <input type="checkbox"/> Driver's license, car registration | <input type="checkbox"/> Online account numbers and passwords |
| <input type="checkbox"/> Birth certificates | |
| <input type="checkbox"/> Social security cards | |
| <input type="checkbox"/> School and medical records | |



Should I Take My Children With Me When I Leave?

Yes, if you can do it safely, take your children with you. It is often more difficult to get them back later. You know your situation best. Follow your intuition as to whether or not it is safe to take your children when you leave.

Consider talking with an advocate from your local domestic violence program. Together you can discuss your individual situation and the options relating to your children.



Your partner may try to kidnap, threaten, or harm the children in order to get you to return. Notify those in contact with your children, such as schools or day care providers, regarding who has permission to pick them up.

After Leaving

Consider obtaining a P.O. Box and forwarding **all** your mail to it.

You may want to call your utility companies, wireless phone service and financial institutions to ensure they do not give out your private financial information to your abuser. Be sure to do the same on all **new** accounts. Ask these companies to use identifiers other than your social security number, date of birth or mother's maiden name to validate your identity.

Think of a safe way to communicate with your abuser, if this becomes necessary. If you agree to meet, always do so in a public place (preferably a place with a security guard or police officer). If your abuser follows you, seek a hospital, police or fire station for assistance.

Consider creating a safety plan at work. Talk with your supervisor and building security. It is helpful to provide a picture of your abuser and a copy of your PPO, if you have one.

You may want to keep a record of anything that happens between you and your abuser, and anything regarding your children and visitation.

It's a good idea to change ATM, debit, and credit card PIN codes; online banking, investing, and email passwords. *(See tips for creating a secure password on page 23.)*

Think about making changes to your beneficiary designations.

Where Can You Go?

- Stay with a trusted friend or relative, but keep in mind your abuser may know where to find you.
- A domestic violence shelter. The program staff can help you with legal and financial issues as well as provide emotional support.
- You can call 9-1-1 if you are in immediate danger and need help finding local resources.

See the Local Resource guide at the back of this booklet for help locating a domestic violence program in your area.

CONSIDER: If you are a woman, don't stay with a man, unless he is a relative. Staying with a man you are not married to could hurt your chances of getting custody of your children and spousal support. It could also cause more conflict with your abuser.

Your Local Domestic Violence Program Can:

- provide safe, short-term housing;
- provide food and clothing;
- give you time to consider future options;
- help you make a plan and prioritize your needs;
- provide crisis intervention, social service and program referrals;
- help with financial assistance and legal resources;
- supply employment assistance;
- provide support and counseling services.





Domestic violence programs help break down the isolation barrier for those who have experienced abusive relationships.

Many find understanding and empathy from other survivors that can turn into strong friendships and support networks.



Multi-Lingual Assistance

If you, or someone you know, is dealing with an abusive relationship, there is help – for everyone.

The Hotline is the National Domestic Violence Hotline and has Spanish speakers available, as well as translators for more than 170 languages, 24 hours a day.

**For help, call *The Hotline* at
1-800-799-SAFE (7233) or TTY 1-800-787-3224**

It is possible that you may miss your abusive partner after you leave. This is normal.

Try writing down the reasons you wanted to end your relationship and keep them as a reminder to yourself.



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State and National Resources

For a more complete listing, see pages 72-76.

Michigan Coalition to End Domestic & Sexual Violence

3893 Okemos Road, Suite B2, Okemos, MI 48864

Phone: (517) 347-7000

TTY: (517) 381-8470

www.mcedsv.org

Michigan Crime Victim Notification Network (MCVNN)

Free and confidential service for victims to access information and receive notifications regarding their offender's custody status and court events.

Toll-Free: 1-800-770-7657

TTY: 1-866-847-1298

www.michigan.gov/mdch

Michigan Department of Community Health

General Information: (517) 373-3740

Michigan Relay Center: 7-1-1 or 1-800-649-3777

Public Health Crisis: (517) 335-9030

www.michigan.gov/mdch

Michigan Department of Human Services

Cash, Food, Medical, or Home Assistance – Toll-Free: 1-855-275-6424

Report Abuse/Neglect – Toll-Free: 1-855-444-3911

www.michigan.gov/dhs

National Domestic Violence Hotline – 24/7

Translators for more than 170 languages are available.

Your call can be routed to a domestic violence service provider in your area.

The Hotline: 1-800-799-SAFE (7233)

TTY: 1-800-787-3224

www.thehotline.org

RAINN (Rape, Abuse & Incest National Network)

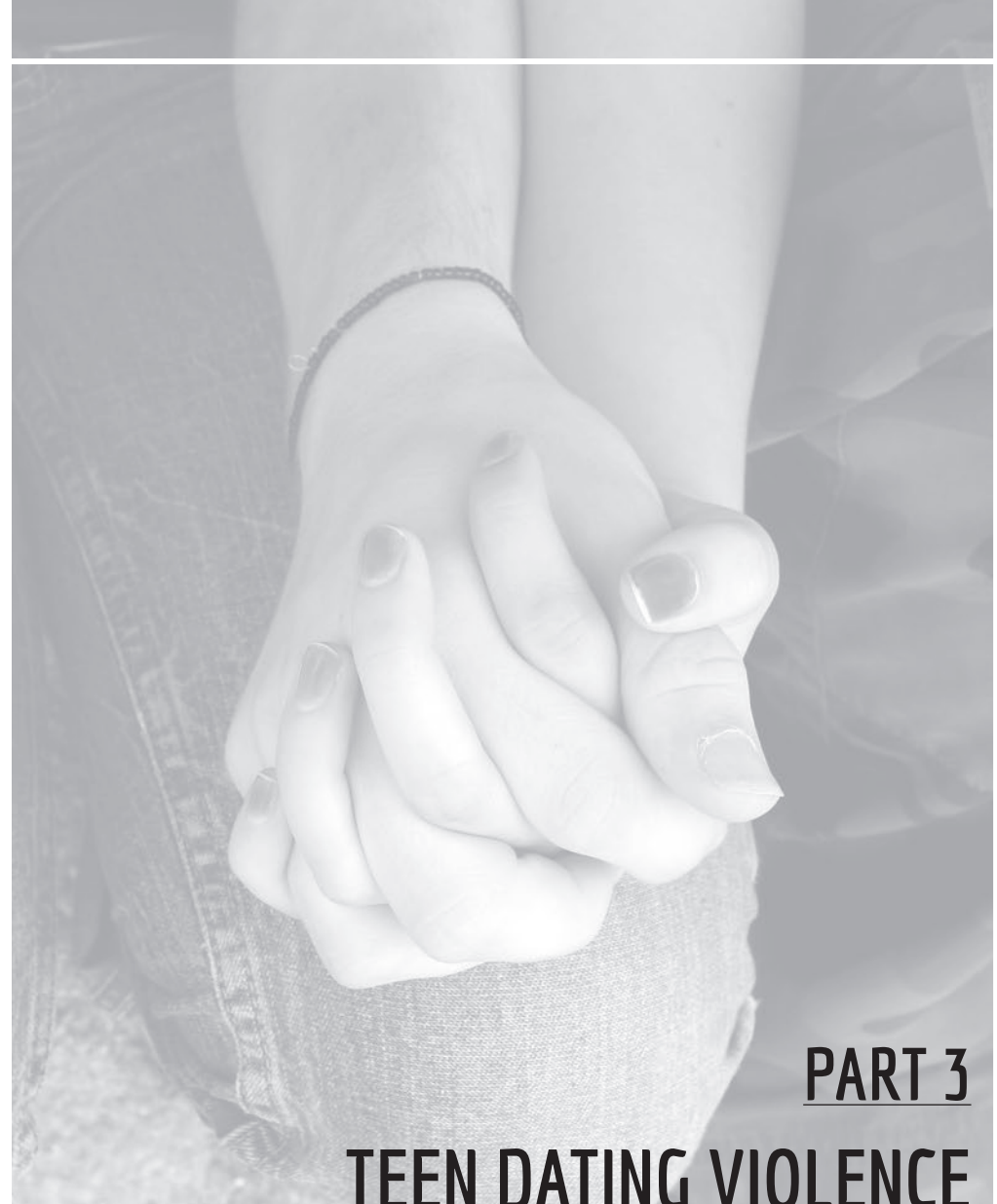
National Sexual Assault Hotline – 24/7

Your call can be routed to a sexual assault program nearest you.

The Hotline: 1-800-656-HOPE (4673)

www.rainn.org





PART 3

TEEN DATING VIOLENCE

Ask Yourself

TEEN DATING VIOLENCE



To help yourself and others, it is important to be informed about dating violence and be able to recognize signs of abuse.

What is Dating Violence?

Dating violence is a pattern of assaultive and controlling behaviors that one person uses against another in order to gain or maintain power in a dating relationship.

The abuser intentionally behaves in ways that cause fear, degradation and humiliation to control the other person. Forms of abuse can be physical, sexual, emotional and psychological.

Abuse occurs in a dating relationship because the abuser has a sense of entitlement – they believe they have the right to behave this way. They believe they are entitled to all of their partner's attention, affection, loyalty and time.

It is the goal of the abuser to get and keep power and control over their partner. They intentionally use manipulative and controlling behaviors

to keep this power and control. It is the abuser's *choice* to engage in this type of behavior.

Studies generally have found that when teenagers are being hurt in dating relationships, they rarely seek the help of a teacher, police officer, or counselor. Often, their abuser is using controlling behaviors to make them feel they are to blame. They may think that reporting a problem would get them into more trouble. Most often, if they choose to tell anyone, that person will be a friend or peer.

Does Your Partner...

- ...try to control what you do, where you go, or who you see?
- ...check your phone all the time?
- ...tell you what to wear or how to look?
- ...put you down in front of your friends?
- ...text you excessively?
- ...not listen to your opinion?
- ...not let you go anywhere by yourself?
- ...take money from you?
- ...keep you from seeing friends or doing things you used to enjoy and look forward to?
- ...not give you any time alone, even with family?
- ...threaten you if you try to end the relationship?
- ...act jealous or angry when you can't be found?
- ...say things like "If you loved me, you would do what I say"?
- ...tell you no one else could ever love you?

Ask yourself how your partner treats you.

A dating relationship should be non-controlling and non-manipulative. It's about respecting and trusting each other.

At the beginning stages of the dating relationship, these behaviors may not be apparent or may be so subtle they are mistaken for the abuser's caring, concern, or love. As the relationship becomes more involved, the abuser may gradually escalate the use of these behaviors.

By the time most domestic abusers reach young adulthood, their patterns of abuse in intimate relationships can already be firmly established.

Adapted from the Michigan Domestic and Sexual Violence Prevention and Treatment Board, Dating Violence Youth Education Packet.

Ask yourself if you feel happy and good about your dating relationship.



Test Your Knowledge

Myths About Teen Dating Violence

Circle "True" or "False" to the statements below and then check the next page for the answers.

1. Violence rarely happens in teenage dating relationships. True or False?
2. Physical violence is the only type of dating violence. True or False?
3. Dating violence happens mostly to girls. True or False?
4. Using alcohol or other drugs is a cause of dating violence. True or False?
5. People who stay in abusive relationships have no one to blame but themselves. True or False?
6. Dating violence happens mostly to teens who provoke it. True or False?
7. If the police are called when dating violence is committed, the victim has to press charges for an arrest to occur. True or False?

Ask Yourself,
"How Am I
Being Treated?"



Answers About Teen Dating Violence

1. **FALSE.** Approximately 1 in 5 female high school students reports being physically and/or sexually abused by a dating partner.

40% of teenage girls aged 14 to 17 report knowing someone their age who has been hit or beaten by a boyfriend.¹

2. **FALSE.** Dating violence is a pattern of assaultive and controlling behaviors that one person uses against another in order to gain or maintain power in the relationship. The abuser intentionally behaves in ways that cause fear, degradation and humiliation to control the other person. Forms of abuse can be physical, sexual, emotional and psychological.

25% - 33% of teen abusers reported that their use of violence served to "intimidate," "frighten," or "force the other person to give me something."²

3. **TRUE.** Young women between the ages of 16 and 24 are the most vulnerable to intimate partner violence.³

4. **FALSE.** One of the main causes of dating violence is the abuser making the choice to engage in this behavior. Alcohol or drug use is often an excuse used to justify the abuser's violent actions.

5. **FALSE.** The person using abusive behavior is the one responsible for the abuse. It is difficult for teens to leave abusive relationships for various reasons. The fear of the abuser's threats

is usually the number one reason along with lack of social support, or fear that nothing will happen to the abuser.

6. **FALSE.** Abusers make decisions about when they will abuse, how frequently they will abuse, what the severity will be, and where the abuse will take place. This decision-making process has nothing to do with the teen victim's demeanor or behavior.

7. **FALSE.** If the police believe that an assault has occurred (based on the individual's statements, possible witnesses, demeanor of one or both parties, any property destruction, etc.), they can make a *warrantless arrest* of the abuser. The victim does not have to press charges against the abuser. The prosecutor, not the victim, has sole responsibility for deciding whether or not to press charges against the abuser (see flowchart on page 19).

Both males and females, as well as individuals in same-sex relationships, can be victims of dating violence. Every survivor deserves support, options, resources, and safety.



Adapted from the Michigan Domestic and Sexual Violence Prevention and Treatment Board, Dating Violence Youth Education Packet.

¹ Children Now/Kaiser Permanente poll, December 1995.

² Brustin, S., *Legal Response to Teen Dating Violence*, Family Law Quarterly, Vol. 29, No. 2, p. 335, Summer 1995.

³ Intimate Partner Violence, Bureau of Justice Statistics Special Report, May 2000, NCJ 178247.



Sexual Coercion

Sexual coercion is the act of using pressure, alcohol or drugs, or physical force to have sexual contact with someone against his or her will.

Pressure comes in a lot of different forms and can affect many areas of your life. You can feel pressure from friends, homework and teachers, family life, competitive activities like sports, or just coping with the day-to-day drama at school.

One place you should **not** feel pressure is in your dating relationship and how far you want to take it with your significant other. That is one aspect of your life you always have control over.

Setting boundaries is an important part of any relationship, so both people can feel they are starting from the same point. You should feel comfortable enough with your partner to honestly express your feelings – and they should express theirs in return. If your partner's response is to get angry, impatient, or to "blow off" what you're telling them, they are not showing you the respect you deserve.

*Sex isn't currency.
You don't DWE your
partner anything.*

Getting physical with your partner doesn't have to happen all at once if you're not ready. There isn't a "rule book" that says what has to happen in a relationship, or at what point. Trust your instincts and take it at your own pace.

You can think of **sexual coercion** as a spectrum of behaviors that can range from merely irritating to more intense or even dangerous conduct.

If your dating partner uses any of the following to get you to be more physical than you want, he or she may be using sexual coercion:

*repeatedly asking you
to go beyond your boundaries*

*physically touching you
in ways you've expressed you don't want*

*"guilt-tripping" you
when you don't do what they want*

*sending you naked photos –
or asking you to send naked photos of yourself*

lying to you or making threats

yelling at you or calling you names

*repeatedly using phrases like
"Come on, I love you, just one more kiss"*

*holding you down;
continuing to touch you and not stopping*

Be clear and direct with your partner and don't be embarrassed if you don't want to do something. You absolutely don't have to do anything you don't want to. If they are not listening to you – try to leave the situation.

Sexting



? Does someone ask you to send naked or "dirty" pictures of yourself?

You can **never** guarantee that embarrassing photos won't end up online or on someone else's phone. The same goes for webcams and instant messaging.

Once you hit "Send" you lose control over who sees it.

**THINK TWICE BEFORE SENDING
PHOTOS OF YOURSELF.**

? Have you received sexual text messages, pictures, or videos that make you feel uncomfortable?

This can be a type of sexual bullying and used to intimidate or harass you. If your dating partner sends you explicit messages, it could be a form of abusive behavior. Nude photos or videos of anyone under 18 years old could be considered child pornography and is illegal.

**SEXTING CAN HAVE
LEGAL CONSEQUENCES.**

What You Can Do:

- Don't respond to hostile, harassing, or inappropriate texts or messages. The same goes for webcams and instant messages. Responding may only encourage the person sending the messages.
- Block harassing numbers from texting or calling you.
(Contact your phone company for more information.)
- Don't answer calls from unknown or blocked numbers.
- Save or document harassing messages in case you need them later. Consider all threatening texts to be serious.
- If the harassment continues, you may consider filing a criminal report and asking for a personal protection order (see page 21 for more information).



Sexual Bullying



A sexual type of bullying is known as sexual bullying. It can also be sexual harassment.

Sexual bullying is physical or non-physical behavior that is based on a person's sexuality or gender. It can be done to a person's face, behind their back, or through electronic media.

Does someone make you feel uncomfortable, intimidated or small by saying sexual things to you or about you? Has someone spread gossip or rumors of a sexual nature about you? If they have, this is sexual bullying. Sometimes sexual harassment or bullying can get physical, too.

Each situation is unique, but if this is happening to you, or if you see it happen to someone else – **DON'T WAIT – SPEAK UP – SAY IT'S NOT OKAY**, and talk to a trusted adult.

THERE'S NO SUCH THING AS "ASKING FOR IT."

Speak up against bullying of all kinds.

Below are some common types of sexual bullying or harassment:

- Showing someone inappropriate or "dirty" sexual videos and/or pictures;
- Spreading sexual rumors (in person, by text, or online);
- Making sexual jokes, comments, or gestures;
- Writing sexual messages in public about other people;
- Posting sexual comments, pictures, or videos on social networks like Facebook;
- Making sexual comments or offers online while pretending to be someone else;
- Touching, grabbing, or pinching someone in a deliberate sexual way;
- Pulling at someone's clothing and brushing up against them in a purposefully sexual way.

Ask Yourself ☒

Has my dating partner ever:

- ☐ kept me from seeing friends and family?
- ☐ insulted or humiliated me in front of others?
- ☐ demanded to know where I am at all times?
- ☐ texted me excessively?
- ☐ checked my phone for calls and texts?
- ☐ tried to control where I go or who I hang out with?
- ☐ taken money from me?
- ☐ told me how to dress?
- ☐ acted extremely jealous for no reason?
- ☐ been cruel to pets or other animals?
- ☐ been abusive to former dating partners?
- ☐ acted physically abusive toward me like punching, slapping, shoving, or kicking?
- ☐ threatened to hurt me or my friends or family?
- ☐ forced me to have sex or perform sexual acts I didn't want to?
- ☐ abandoned me in a dangerous situation or unfamiliar area?
- ☐ displayed extreme mood swings – very happy one moment and very angry the next?
- ☐ threatened suicide?
- ☐ kept me from doing things I like?

Dating violence can be physical, sexual, verbal, or emotional abuse.

Ask Yourself ☒

Do you feel like:

- ☐ you are constantly worrying about keeping your partner happy; that if you "just try harder" everything will be okay?
- ☐ you often apologize or make excuses for your partner's behavior, especially after they have treated you badly?
- ☐ you are fearful of breaking up with your partner because they have threatened to hurt you or themselves?
- ☐ you are being stalked?
(For more information on stalking, see pages 24-27.)
- ☐ your relationship developed very quickly and there was pressure to commit?
- ☐ you are blamed for all of the problems and arguments?
- ☐ you are "tied down" and always have to check in with your partner?
- ☐ you can't bring up certain subjects or make decisions because it may make your partner angry?



How to Help a Friend Who is Being Abused

LISTEN.

Give your undivided attention and listen attentively without interrupting.

GIVE THEM CONTROL.

It is important your friend have control over the conversation and can speak freely and openly. All control has been stripped from her or him during the abuse so it is important that you allow them to make decisions such as who to tell and what steps to take next. You can encourage your friend to seek medical attention or counseling, but it is important that you don't try to **force** her or him to do anything – unless you know they are in immediate danger. If your friend is in immediate danger, call 9-1-1.

UNDERSTAND.

Try to understand their thoughts, feelings and experiences from their point of view.

DON'T JUDGE.

Do not make judgments about their situation or the decisions your friend has made or will make. Offer your support and assistance.

BELIEVE.

Believe what your friend tells you. It takes strength and courage to reach out.

BE SUPPORTIVE.

Tell your friend it is not their fault. Don't minimize or make excuses for the abusive behavior. It is common for survivors to feel they have done something wrong. Remind your friend the abuser chose to abuse.

RESPECT THEIR DECISION.

Sometimes we think we know what is best; however, telling your friend what to do will NOT be helpful. Respect their decision to leave or to stay in the relationship.

Only they can know what is best for them.



CONFIDENTIALITY.

Your friend has chosen to confide in you. It's not your place to tell others – with the exception of informing a teacher, counselor, or another trusted adult if your friend is in immediate danger.

Don't contact their abuser or publicly post negative things about them. It will only worsen the situation for your friend.

SAFETY PLAN.

Help your friend develop a safety plan, whether it's using code words or signals, or finding him or her a place to stay.

EDUCATE YOURSELF.

Understand the dynamics of dating violence and what resources are available. For more information, visit www.michigan.gov/datingviolence.

BE RESOURCEFUL.

Offer the phone number or website of the local domestic violence program in your area. The **National Dating Abuse Helpline** is available 24 hours a day, seven days a week, at 1-866-331-9474. You or your friend can text or live chat with a peer advocate anytime or visit www.loveisrespect.org.

YOUR FRIEND IS BEING ABUSIVE... ... WHAT CAN YOU DO?

Don't Let It Go.

Confronting a friend and calling them out on their abusive behavior is not an easy thing to do. But ignoring it or making excuses only reinforces that what they're doing is okay. It also sends a strong message to the victim that no one else thinks anything is wrong with how they are being treated. The victim may become more isolated and less likely to escape the abuse.

Give Examples of Abuse You Have Witnessed.

Point to examples you have observed of your friend being abusive. Try to focus on the harm you saw being done to their partner and how the situation made you feel.

Keep the Focus on the Abuser's Choice of Behavior.

Your abusive friend may try to turn the conversation into a discussion of their partner's faults. Remind them each of us **chooses** how to react and behave. Their partner doesn't have to change in order to make the abuse stop.

It's Okay to End the Relationship.

Tell your friend it's okay to respectfully end the relationship if it's not working out. State that you don't want them to get into trouble and that dating abuse is serious. Offer a few professional resources they could contact, many of which are listed in the back of this booklet.





For Today's Young Men and Women

Learn to:

*Find your voice and
learn how to effectively express
your thoughts and opinions.*

You can make a difference by:

- respecting yourself;
- respecting others;
- educating yourself;
- being supportive;
- setting and achieving goals;
- encouraging others to succeed;
- treating others with kindness
and understanding;
- gaining trust and
trusting others equally.

Express
Your Thoughts
and Opinions.

Find Your Voice.

Say "NO" to hurtful behavior.

Trust your instincts.

Don't be pressured.

Have control over your own body.

Step up and set good examples.

Pursue your own interests.

Know that you can break up and
fall out of love without fear.

In 2011, there were 95,024 victims
of domestic violence in Michigan.

*Never think violence in
a relationship is a way
to say "I love you."*

DATING VIOLENCE IS A CRIME.

VIOLENCE & DISRESPECT HAVE

NO PLACE IN A RELATIONSHIP.



For Parents and Guardians

Although it is most often a male battering a female, dating violence can occur in same-sex or opposite-sex relationships and either gender can be the abuser.

As a parent or guardian, it is often a difficult task to talk with your child about complex and sensitive issues. Any child today can find themselves coping with situations such as dating violence,

sexting, sexual bullying, sexual assault, and even stalking behaviors. It is important to keep your child safe without alienating them from friends and normal activities.

Young people tend to interpret the violence of their partner as signifying love.¹



Signs that your child may be experiencing abuse in a dating relationship:

- Your child's partner is extremely jealous or possessive;
- You notice unexplained bruises or marks on your child;
- Your child's partner emails or texts excessively;
- Your child answers emails or texts constantly and feels anxious or upset if unable to reply;
- You notice your child is depressed, withdrawn, nervous, or anxious;
- Your child stops participating in extracurricular activities, social events, or hobbies;
- Your child stops spending time with family and friends;
- You notice disturbing or drastic changes in your child's tone, language use, or style of clothing.

¹ Levy, Barry, 1991, "Dating Violence."

Try to reach out and connect.

- Remind your child that everyone deserves a safe and healthy relationship and abuse should never be tolerated.
- Teach your child about setting boundaries with their partners.
- Be supportive and understanding even though what they might be telling you is difficult to hear or comprehend.
- Stress that being abused or sexually assaulted is not their fault and you do not blame them for what is or has happened.
- Take them seriously and validate their feelings without minimizing what they're telling you.
- Don't lecture your child.
- Gain their trust by listening without getting angry.

Make a plan together.

Help your child develop a safety plan once **they** realize the relationship they are in is not healthy.

Once your child decides to leave the abusive relationship, this can be a very dangerous time. The ex-partner can become enraged, obsessive, volatile, persistent, tenacious and it's possible that stalking behaviors can begin.

In the end, you and your child should come to an agreement on the course of action to be taken. Staff at your local domestic violence program can help with safety planning. Many of the resources listed in this booklet can offer support and guidance.



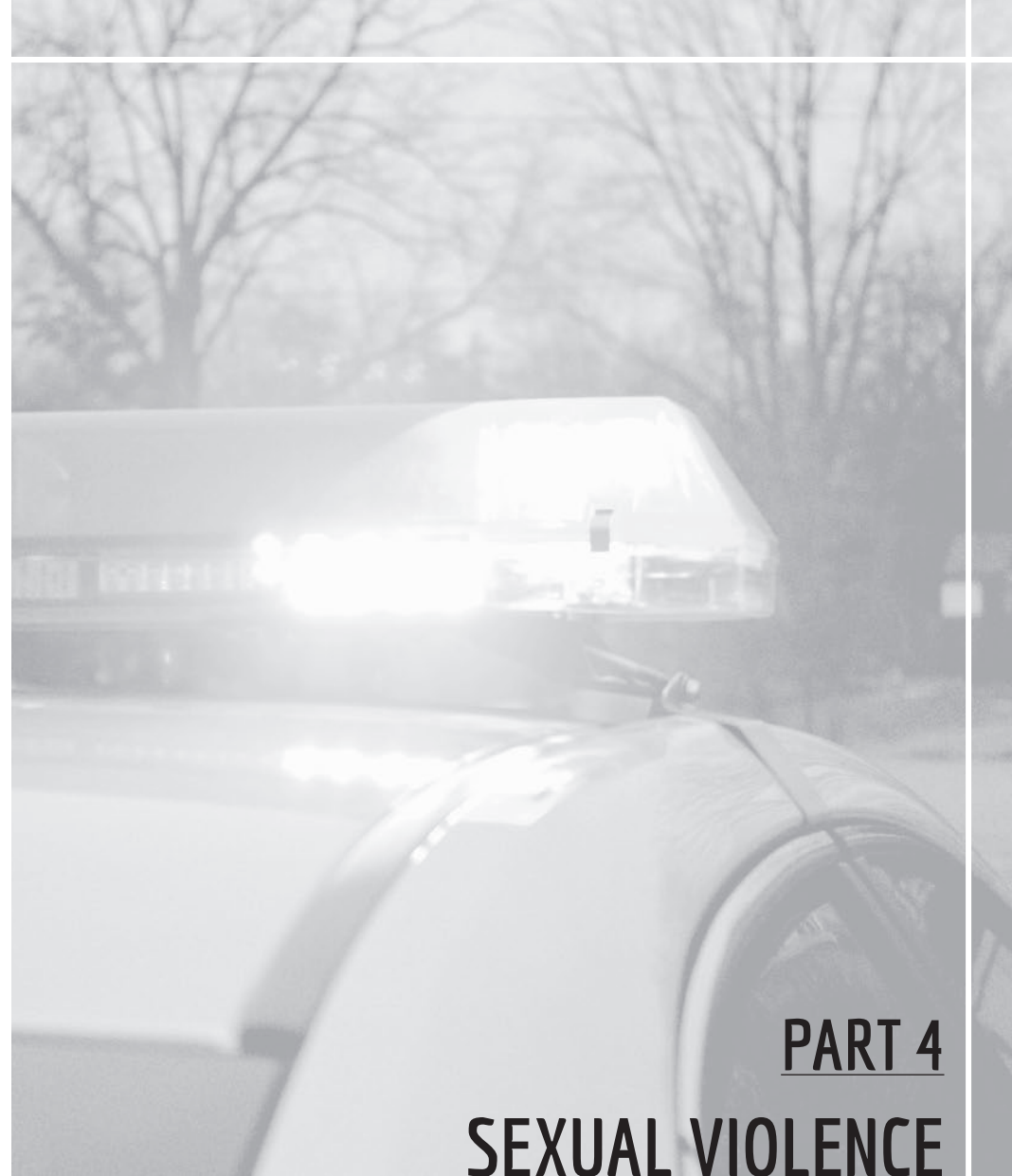
- Don't blame the other parents by telling your child "I told you they were bad news" or "not a good family."
- Don't put yourself against your child's abusive partner or their parents or guardians – it may not be safe.
- Don't be pushy, accusing or disgusted by what your child is sharing with you.

Professional assistance may help.

CONSIDER:

- Informing school officials and verifying school policies
- Obtaining a personal protection order or a restraining order
- Reaching out to community parent support groups
- Offering access to youth support groups and age-appropriate information and resources.





PART 4

SEXUAL VIOLENCE

SEXUAL VIOLENCE

Ask Yourself

SEXUAL VIOLENCE

Criminal Sexual Conduct

Rape or sexual assault is any form of sexual contact that a victim has not initiated or agreed to, and which is imposed by using violence, threats, coercion, or deception. Michigan courts refer to these offenses as "criminal sexual conduct."

Nearly 1 in 5 women
and 1 in 71 men
have been raped
in their lifetime.¹

Sexual assault is *not* based on sex, love or physical attraction. It is a crime of power and control. Offenders choose people whom they perceive as most vulnerable, accessible, or over whom they believe they can assert power.

Examples of When Rape May Have Occurred...

...from the victim's perspective:

"It went too far."
"I said 'No' but he wouldn't stop."
"It was such a bad neighborhood, I didn't dare get out of the car."
"He said it was impossible for him to stop once he was aroused."
"I changed my mind, but she wouldn't let go."
"He was so much stronger than me. I was afraid to make him mad."

...from the offender's perspective:

"I was totally teased; it wasn't my fault."
"She was dressed so sexy, I knew what she wanted."
"I could tell 'No' meant 'Yes.'"
"We'd had sex before, so what was so different this time?"

If you have been sexually assaulted, you can call
the National Sexual Assault Hotline at 1-800-656-4673.

They can connect you to a sexual assault resource in your area.

See page 60 for information on the SAFE Response (Sexual Assault Forensic Exam) program.

¹ National Intimate Partner and Sexual Violence Survey, 2010. Centers for Disease Control and Prevention.

It's Friday Night...

I'm so excited to go to this party tonight! I'm the "newbie" and this guy I like, A.J., will be there. Anyway, I bought a new pair of jeans and I'm borrowing Alexis' kickin' red jacket and I can't wait! BBL.

So my friend Anna picks me up and we go to this party. Damien's parents are gone and the house was packed. Music was loud, there were strobe lights, and people had painted their bodies with that glow paint and were dancing under the black light. Sick, but I don't have the body for that.

I saw A.J. !!! He saw me and came over and asked if I wanted a drink. I said, sure. As I'm waiting for him to come back I noticed the "preps" sitting around smokin', laughin', and sharing drinks. There's this bowl on the table with a rainbow of colored pills in it. I'd never seen that before. Then A.J. came back with my drink. We're laughin', flirtin', dancin' a little...he felt really good, warm and strong. Good thing 'cause I was really gettin' messed up from that one drink! Then he started to lead me upstairs...

What Could Happen Next?

What would you do if this was your friend?



Precautions You Can Take

Most rapes are committed by someone the victim knows.

Trust Your Instincts.

If something feels wrong, it probably is.

Go With Friends.

When attending large parties, concerts, or social events, go with friends you can trust. Agree ahead of time to look out for one another.

Check Out a First Date or Blind Date With Friends.

Insist on going to a public place, like a movie or restaurant.
Take your own car or carry cab or bus money.

Don't Depend on Your Date for Transportation.

If possible, meet your date. A car can be a potentially vulnerable place.
Always carry a cell phone and bus or cab money.

Pay Attention to Your Date's Behavior.

The date who sits or stands too close to you, seems to be enjoying your discomfort, blocks your way, speaks or acts in a way as if they know you more intimately than they do – these behaviors can be warning signs.

If You Are Uneasy or Uncomfortable – Leave.

You have no obligation to continue to spend time with someone who is making you feel uneasy. Regardless of money that was spent on you, or how early in the date it is, do what you have to do to be safe.

If a situation just doesn't feel right, it is better to live through a few moments of embarrassment than to be sexually assaulted.

It's important to remember that taking precautions still may not prevent a sexual assault.

Party Smart

REMEMBER: *The legal drinking age in Michigan is 21 years old.*



Use the "buddy system." Agree with one or more friends that you will look out for each other at parties or other social events. If any of your friends seem to be getting extremely intoxicated, get them out of the situation. Being a good friend could save their life.

Do not accept a drink that you didn't see being made.

Only drink from a can or bottle that you have opened yourself.

If someone offers to get you a drink from a bar or at a party, go with the person to order your drink. Watch the drink being poured and carry it yourself.

Listen for the "fizz" on twist-off bottles. If the bottle opens too easily, get a new one.

If you are in a conversation where your attention may be averted, put your hand over your drink.

Be wary if someone wants you to go outside for "fresh air," especially if it is someone you have just met.

If your drink is left unattended, throw it out.

Do not drink from public "punch bowls" or "trash cans" at parties.

If your drink tastes salty or soapy or has particles in it, throw it out.

If you hear someone joking about date rape drugs, leave the party.

Do not share or exchange drinks.

Pay attention to the behavior of people around you. Tell a trusted friend if you feel you are becoming severely intoxicated after only one or two drinks.



Alcohol and Drug-Facilitated Sexual Assaults

There are several odorless and tasteless drugs that can be used to render you unconscious or heavily sedated and unable to ward off attackers.

The use of alcohol and drugs to commit sexual assaults continues to be a substantial problem. *Alcohol remains the drug perpetrators most often use but there are other common drugs to facilitate rape and sexual assaults, namely Rohypnol, GHB and Ketamine.* These predator drugs are largely colorless, tasteless and odorless and can be slipped into someone's drink without notice. They act rapidly, cause one to lose one's inhibitions, cause muscles to relax and produce amnesia so the victim will not remember events that occur while under the influence of the drug.

Rohypnol

A central nervous system depressant ten times more potent than Valium, Rohypnol produces impaired memory, loss of judgment, drowsiness, visual disturbance, confusion, dizziness, muscle relaxation, slowing of psychomotor response, respiratory depression, and amnesia. The victim may feel intoxicated and eventually may lose consciousness. Rohypnol is colorless, odorless, and tasteless and dissolves in liquid without leaving any traces. Effects begin 15-30 minutes



after ingestion, reach their peak within 1-2 hours, and continue for approximately eight hours. When combined with other drugs, the effects may persist for 24 hours. When added to alcohol, it produces disinhibition and amnesia. Rohypnol can be detected in the blood for 24 hours and in the urine for 48 hours.

Common street names for this drug include: *Roachies, La Rocha, Roche, Rope, Roofies, Ruffles, Mexican Valium, Forget-Me Pill, Mind Erasers, Stupifi, Shays, Rib, R2, and Roach 2.*

GHB (Gamma Hydroxy Butyrate)

GHB is a depressant with anesthetic qualities. It gives a feeling of relaxation, tranquility, sensuality, and loss of inhibitions. It can cause deep unresponsive sleep, nausea, convulsions, amnesia, and loss of consciousness. It tastes slightly salty but is colorless and odorless and dissolves in liquid. It takes effect 10-15 minutes after ingestion and lasts 2-3 hours, unless combined with alcohol, in which case the effect may last 20-30 hours.

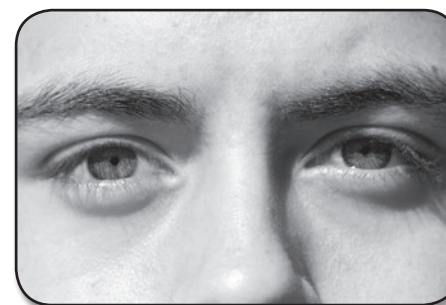
When mixed with alcohol, GHB can cause the central nervous system to shut down and can result in coma or even death. Large doses can induce sudden sleep within 5-10 minutes.

Common street names for this drug include: *Liquid Ecstasy, Liquid X, Scoop, Easy Lay, Georgia Home Boy, Grievous Bodily Harm, Max, and G.*

Ketamine

A fast-acting general anesthetic that is used as an animal tranquilizer, Ketamine can distort sense of balance, time, judgment and ability to communicate. Effects include blurred vision, numbness, disorientation, trembling, hallucinations, amnesia, convulsions, respiratory depression, and loss of consciousness. Ketamine comes in a liquid, a tablet, or a powder that can be snorted, mixed into drinks, or smoked. The effects last from 1-6 hours. Users generally don't fully recover from the drug for 48 hours.

Common street names for this drug include: *K, Special K, Vitamin K, Ket, Kit Kat, Cat Valium, Purple, and Super C.*



16% of male college students encouraged alcohol or drugs to obtain sex.¹

You've heard it before...

**Alcohol
and drugs
DO
affect your
judgment
and make you
more vulnerable
and accessible.**

**MOST RAPES
INVOLVE PLANNING
AND PREMEDITATION.**

¹ Pages 54-57 were adapted in part from "RAPE: Get the Facts," Human Relations Media, www.hrmvideo.com.



If You Suspect You Have Been Drugged

- 1** Try to get medical help immediately.
- 2** Try not to urinate before getting help.
- 3** To preserve evidence if you were sexually assaulted, don't douche, bathe or change clothes before getting help.
- 4** When possible, save the glass or the beverage in which the drug was dissolved for testing.
- 5** You can contact your local rape crisis center or law enforcement agency for drug testing and resource information.* Most substances can be detected through appropriate drug testing, usually through a simple urine test.

Tests can provide valuable information. It is important to contact a trusted resource if you think you were sexually assaulted – the sooner, the better.*

*See page 60 for information on SAFE Response, Michigan's Sexual Assault Forensic Exam program.



The Campus Sexual Violence Elimination Act was added to the Violence Against Women Act enacted in 2013.

This act clarifies the rights of victims of sexual assault, domestic violence, dating violence or stalking on campus. It gives victims a new ability to appeal an outcome. It also requires schools to inform victims of their rights and options, and to tell them where to get counseling and legal help.



Most college campuses offer free, confidential services to students who have been sexually assaulted, and may be able to provide a victim advocate who can inform you of your rights and options. Usually, you can utilize these services regardless of whether or not you decide to make an official report of the assault.

If You Have Been Raped

Victims can be women, men, children, senior citizens, and persons with disabilities.

Do not blame yourself.
The rapist is to blame. It is now time to take care of yourself.

YOU DID NOT ASK TO BE RAPED, EVEN IF YOU HAD BEEN DRINKING OR USING DRUGS.

Even if you believe you were not cautious enough, even if your body responded sexually to the rapist, it does not mean you “enjoyed” the experience or that it is your fault.

YOU DID NOT ASK TO BE RAPED.

- 1** **Get to a safe place.**
It is most important after a sexual assault to get to a place of safety, whether it be your home or the home of a friend or family member.
- 2** **Make every effort to save anything that might contain DNA.**
Therefore, you should not urinate, bathe or shower, change clothes, comb hair, clean up, or move anything the rapist may have touched before seeking medical care.
- 3** **Seek medical attention immediately.**
It is vital that you get checked for possible injuries, pregnancy, and sexually transmitted infections, including HIV testing, regardless of your decision to report the crime to the police.
- 4** **Forensic medical exams are available.**
Forensic medical exams collect and preserve DNA evidence. You have the right to accept or deny any part of the exam. You do not have to report your assault to the police in order to receive a forensic medical exam (*see page 60 for more information*).

Adapted from “Receiving Medical Attention,” 2009. RAINN Rape, Abuse & Incest National Network.



SAFE Response

Sexual Assault Forensic Exam (SAFE)

If you are a victim of sexual assault, you do not have to pay for your own forensic exam. You do not have to talk to the police to get a sexual assault medical forensic exam or have it paid for.

A sexual assault forensic exam (SAFE) is a specific exam given to victims of sexual assault and abuse. Generally, the exam is composed of the medical forensic history, a detailed physical and emotional assessment, written and photographic documentation of injuries, and the collection and management of forensic samples.¹

If you believe submitting a claim to your insurance carrier would substantially interfere with your personal privacy or safety, the hospital, doctor or nurse can bill SAFE Response for the forensic exam.

If you have other physical injuries or would like counseling, you may be eligible for assistance with medical bills through the state's Crime Victim Services Commission compensation program.

For more information on filing a claim, contact the **Crime Victim Services Commission** at 517-373-7373 or the **Victims Only** toll-free at 1-877-251-7373.

¹ International Association of Forensic Nurses. "Sexual Assault Nurse Examiners." www.iafn.org.

^{2,3,4} Campbell, R. (2004, November). "The Effectiveness of Sexual Assault Nurse Examiner Programs." Harrisburg, PA: VAWnet, a project of the National Resource Center on Domestic Violence/Pennsylvania Coalition Against Domestic Violence.

Sexual Assault Nurse Examiner (SANE)

A specially trained sexual assault nurse examiner (SANE) provides 24 hours-a-day, first-response care to sexual assault patients in either hospital or non-hospital settings.²

In addition to performing the forensic exam, SANE nurses strive to preserve their patients' dignity, ensure that victims are not retraumatized by the evidentiary exam, and assist victims in gaining control by allowing them to make the decisions throughout the evidence collection process.³

SANE nurses can also testify in any legal proceedings related to the exam.⁴

To find a local hospital or healthcare facility that can provide a sexual assault forensic exam (SAFE), contact the National Sexual Assault Hotline at 1-800-656-HOPE (4673).

The hotline will connect you to a sexual assault resource in your area and, in some instances, can send an advocate to accompany you through the evidence collection process.

What You May be Feeling After an Assault

Being sexually assaulted or raped is a very traumatic experience and it's important to remember that you will need time to recover. Human beings respond very strongly to traumatic events, both physically and emotionally. Your body, mind, and emotions have to process what has happened and then find ways to begin the healing process. Responses to the assault may be immediate or delayed.

While no two survivors will feel and respond the same, there are common trauma recovery effects you may experience after an assault.

PHYSICAL EFFECTS

- changes in eating patterns
- changes in sleeping patterns/nightmares
- eating disorders
- fatigue
- gastrointestinal irritability
- headaches
- muscular tension
- substance abuse
- soreness
- stress-related depression
- immune system responses

EMOTIONAL EFFECTS

- anger
- shock
- fear
- anxiety
- denial
- depression, sadness

Rape is a violation of your trust, as well as your body.

- embarrassment, feeling exposed, humiliated
- helplessness
- hopelessness
- mood swings
- obsessions/compulsions/phobias
- sense of unreality/numbness
- shame, guilt, self-blame

COGNITIVE EFFECTS

- difficulty concentrating
- difficulty getting things accomplished
- flashbacks
- replaying the circumstances of the assault
- wondering if other people can sense what happened to me
- worrying that others will reject me
- worrying that others will blame me

SOCIAL EFFECTS

- fear of being alone
- fear of leaving house (especially alone)
- fear/nervousness in crowds
- hypersensitivity when relating to others
- loss of trust in self and others
- withdrawal from people, relationships, activities
- difficulty with intimacy
- disruption in sexual relations

Adapted from "Common Reactions to Sexual Assault," University of Michigan's Sexual Assault Prevention & Awareness Center (SAPAC).



The Emotional and Physical Expression of Trauma

Understanding the Traumatic Experience

When someone lives through an extremely intense event, for example being involved in a car accident, they may experience a flood of reactions and emotions. When we experience extreme stress, hormones are released in the brain and greatly impact how memory is encoded, or stored, and how the brain processes what is happening. During stress and trauma, memories are stored as sensory fragments – rather than sequential events. It can be difficult to later relay these memories in the actual context and order they occurred.

The Freeze Response

Paralysis in Victims of Sexual Assault and Rape

You may have heard of “fight or flight” which is a biological response in mammals, including humans, that prepares the body to either fight back against a threat, or flee from a threatening situation. This response is activated after your brain recognizes a situation is very dangerous. Stress (or adrenal) hormones are then released which give your body the energy to fight back or get away to safety.

A lesser known biological reaction is the “freeze response.” When this happens, you enter into a temporary state of paralysis and your body can’t

Why Does This Matter?

In the immediate aftermath of a traumatic event, such as sexual assault, you may have difficulty relaying your experience to law enforcement or medical personnel. You may display a wide range of emotions, or show no emotions at all. You may be able to recount specific sensory details about the assailant (smells, textures), or the location in which the assault took place (lights, colors and sounds), but have more difficulty reporting exactly what took place and in what order.

For law enforcement, medical staff, or any other person, this disorganized recount of events may seem suspicious, contradictory, or confusing. Being given ample time to relay the memories of the traumatic event can be the first step toward healing for many survivors.

move, can’t fight back, or move away to safety. These stress-induced responses are automatic and occur without conscious thought. Your brain is hard-wired to pick which response it deems best for survival.

Can This Happen to Assault Victims?

Many survivors of sexual assault and rape experience this “freeze response” during the attack. It’s very frightening, confusing, and can be detrimental to the healing process. You may not understand why you couldn’t move, fight back, scream, or defend yourself in any way.

It’s important for you to know that this is a normal and completely biological response to trauma and not something you could have controlled.

Michigan’s Sex Offender Registry

www.mipsor.state.mi.us



In addition to serving time in prison or the youth authority, most convicted rapists must register as a sex offender for the rest of their lives and must inform potential employers of this.

The Michigan State Police (MSP) Public Sex Offender Registry (PSOR) is made available online with the intent to better assist the public in

preventing and protecting against the commission of future criminal sexual acts by convicted sex offenders.

The information contained on the PSOR can change quickly. The MSP frequently updates the registry in a continuous effort to provide complete and accurate information.

The Public Sex Offender Registry website includes:

- offender’s name
- photo
- registration details
- physical characteristics
- identifying numbers
- known alias(es)
- scars, marks, tattoos
- offense information
- address information
- campus information
- employment information
- and vehicle information.



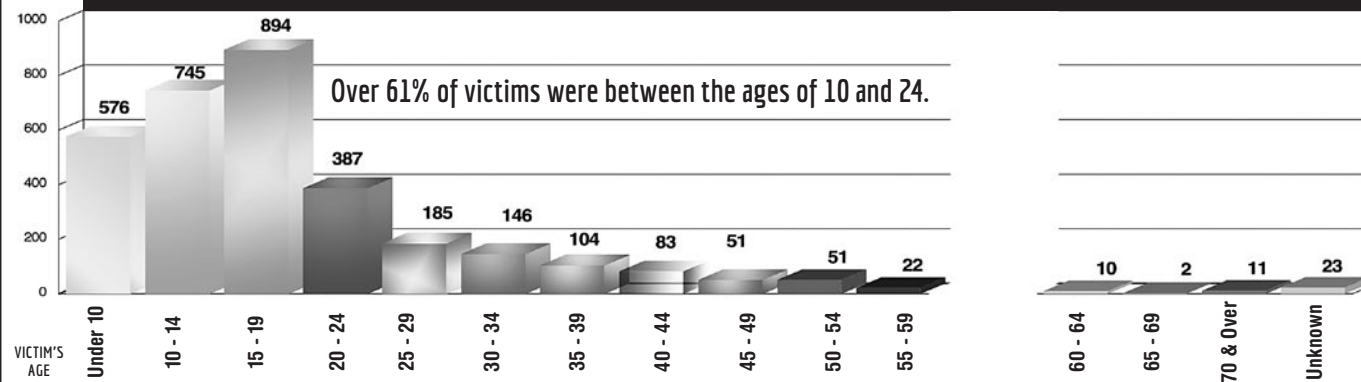
Can victim information be released?

NO. Michigan law does not allow the release of victim information.

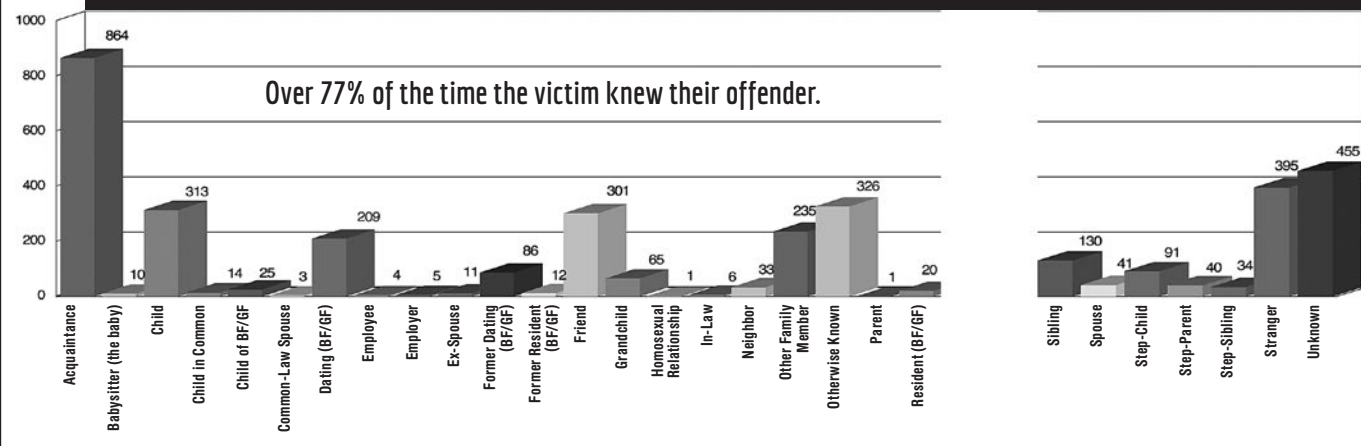


Know the Facts

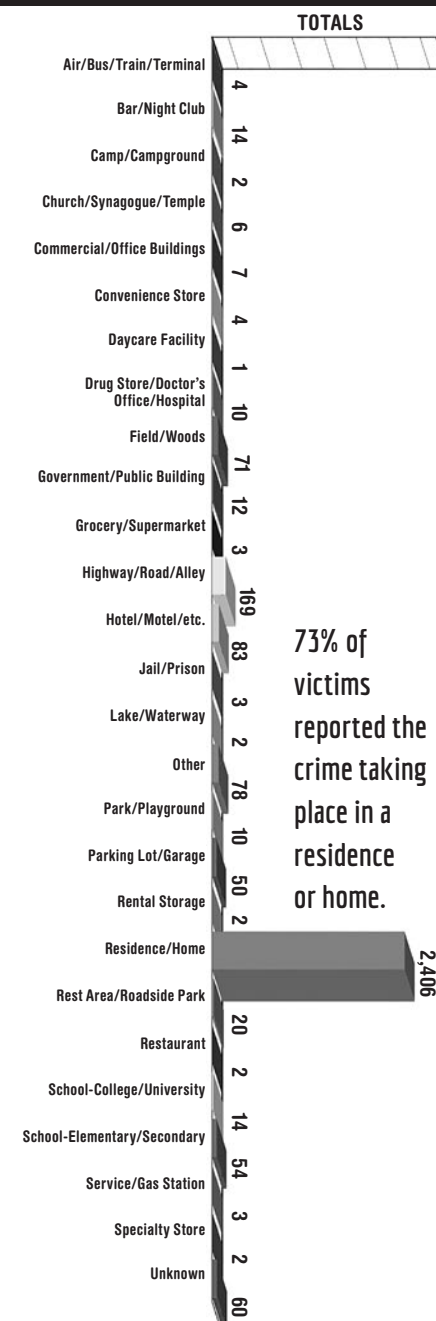
Michigan 2011 – Criminal Sexual Conduct – 1st Degree
AGE OF VICTIMS



Michigan 2011 – Criminal Sexual Conduct – 1st Degree
VICTIM TO OFFENDER RELATIONSHIP



Michigan 2011 – Criminal Sexual Conduct –
1st Degree – LOCATION OF CRIME



Source: Statistical Graphs courtesy of the annual publication, "Crime in Michigan."





PART 5

YOUR FUTURE

YOUR FUTURE

Ask Yourself

I have the right to...

I have the right to say what I would like to say without worrying about making you angry and what will happen if you do become angry.

And I have the right to...

...wear my hair the way I want.

...relax sometimes.

...do what I want to do.

...be boring if I choose to be boring.

...visit with people without having to call anyone to get permission.

...dress the way I choose.

...voice my opinion without getting criticized for it.

...continue my education.

...have my own space.

...get away from the kids sometimes.

...say no to sex.

...choose my own friends—male or female.

Continued on page 71



MY STORY

A True Account of Abuse

THE LAST TIME

"I said to myself – this is it. This is it." Judith's* husband, after a brutal beating, had barricaded her in their house, and would not let her leave, or let anyone take her out. Thoughts of an abused woman she had known from church passed through Judith's mind. She too had been barricaded in her home by her husband, but that woman had not made it out. "When you know they're serious – when they say they're going to take your life," Judith says very slowly and deliberately, "what do you do? My husband, at the time, he meant what he said."

Judith is a successful business owner in Michigan, as well as a volunteer for various organizations. She has dedicated her life to giving support, comfort, and inspiration to the people she welcomes into her business' "family," and is committed to making their dreams come true.

The strength that Judith draws from so that she may give support to others was not always within her. "There were times when I had given up hope on all life," Judith says, "and I know it was my prayers and the prayers of my family that brought me through what I went through."

"He wanted to isolate me."

For 15 years, Judith endured repeated abuse from her husband. "The second year of our marriage is when it all started...when I recognized it." He

**Name has been changed.*

This is one person's story of survival. What is safe for one person may not be safe for another. You know your situation the best.

wanted her home at all times, he did not want her to better herself, and wanted her at his "beck and call." He would come to her job site and make threats. He would not allow her to have friends. "He wanted to isolate me. He would tell me how ugly I was, that I was nothing, that 'no one wants you.' 'I don't want you.' And when this is coming from someone you think loves you...you begin to think and feel that they must be right." Judith states that verbal abuse destroys your self-esteem and self-worth.

LEAVING AND GOING BACK

There were no domestic violence shelters or 24-hour help lines during the time when Judith was living with domestic abuse. She had left her husband several times and returned with the hopes that she could make things work. He was the father of her children and she wanted a family as she had always envisioned. But each time it was harder to leave, and each time the abuse would get worse. Judith became increasingly concerned about the effect that this would have on her children. She did not want them to become abusers, or to think that this is how women are supposed to be treated. She knew she had to get out. "I could not subject my children to it any longer. I would not....I am their protector."

MAKING THAT DECISION

The longer you are in a relationship with someone, the more you accumulate together. The children are attached to both parents, which also makes it



difficult to leave. Judith got to the point where the house she owned with her husband meant nothing to her. Others have said similar things to her about jointly owned houses, cars, and furniture. "You've got to come to the realization that...it's just a house. My peace of mind is worth more to me than anything. My children's lives are more important to me. I cannot sleep in peace. I cannot be in peace. I've got to get out of this relationship. I cannot stay here. And that's what I did."

"My peace of mind
is worth more to me
than anything."

After the last beating, Judith's husband dropped her off at the emergency room with broken ribs and a number of other injuries. They asked her if she wanted to press charges, and she said "No..." She knew her husband had a gun and "...knew the man was serious about what he was talking about doing to me." So she began to look for a new place for her and her children to live. "I was serious about it" she says, "I had **had** it."

PREPARING TO LEAVE

This time, Judith prepared herself for leaving. "When I would buy groceries, I would buy enough groceries for my other place. I would buy bed linens... I would put food in someone else's freezer." She made certain that she and her children would have supplies for six

months after leaving. Judith decided that the best course of action for her was to be direct and honest with her husband about her plans to leave. She still wanted her children to have a relationship with their father. "I had nothing to hide from him – he knew I was serious about this." "I told myself, I can do this. I **will** do this. And I did it!"

A NEW LIFE

When asked if she felt safe at her new place, Judith said "...not in the very beginning. But I had peace of mind. I was able to sleep nights. That just improved as days went on." Her husband tried to talk her into coming back, but she would not go back to that situation. She counted on herself to keep her family safe and her faith to sustain them.

She reflected on something her father always used to say to her and her sisters when they were dating, "If it's bad enough to leave, it's too bad to go back to it." That would be her advice to others who find themselves in abusive relationships. "If you're in a situation where you're being abused – it's not going to get any better without help. It's just going to get worse. Get out of it. Don't ever go back to it, because if they did it once, they will do it again."

EVERY SITUATION IS DIFFERENT

Judith is sharing her story, with the hope that others will find comfort, and realize that "...it is an individual decision they will have to make for themselves. I think when we have different examples or situations, we can then determine which is the best course for me to take. Women need to know...that any type of abuse is serious...these types of people are insecure...they are controllers..."

"I told myself
I can do this."

that's what it's all about – control. Don't give in to that control." Judith stresses that everyone's situation is different and you have to know your own. When asked if there was anything that could have assisted her during the time she was being abused or as she prepared to leave, Judith admits that support from her family would have been helpful.

She believes she would have sought help from groups or crisis shelters, if they had been available for her – that she would have picked up the phone and called a help line.

EVERY DAY IS A GIFT

Now, Judith's main joy in life is to help others. "If there is a way to give back, I am there to do just that," she says. "Every day is a gift. Each day, I want to open the gift to see what's in it. Every day is a gift."

I have the right to...

- ...talk on the telephone.
- ...go places with my parents, siblings, and other members of my family.
- ...be treated with respect.
- ...have a driver's license.
- ...drive the car.
- ...have pets.
- ...spend money as I choose.
- ...choose and follow my own religion.
- ...have my own beliefs, thoughts, and feelings.
- ...not be criticized about my family.
- ...do things to make myself look and feel attractive.

- ...be sloppy when I feel like it.
- ...look nice for my own benefit.
- ...quiet time by myself, including bathroom time.
- ...take a nap when I'm tired.
- ...have a job.
- ...not have anyone control my schedule.
- ...work for whom I want.

...live peacefully without having to fear any physical abuse.

"Bill of Rights" created by the Women's Resource Center of Northern Michigan's Personal Growth Support Group. Reproduced with permission.



DOMESTIC & SEXUAL VIOLENCE LOCAL RESOURCES

The following resources are organized by city and can offer guidance, support, and professional advice. This list includes many of the programs that provide services for survivors of either sexual assault or domestic violence and some provide both. For the most up-to-date information about services in your area, please call either the National Domestic Violence Hotline or the Rape, Abuse & Incest National Network (RAINN). These numbers can be found on page 33 of this booklet. **If you are in immediate danger, call 9-1-1.**

ADRIAN

Catherine Cobb Domestic Violence Program

Crisis: (517) 265-6776
Toll-Free: 1-800-874-5936
COUNTY SERVED: LENAWEE

ALLEGAN

Sylvia's Place

Crisis: (269) 673-8700
Toll-Free: 1-888-411-7837
COUNTY SERVED: ALLEGAN

ALPENA

Shelter, Inc.

Crisis: (989) 356-9650
Toll-Free: 1-800-396-9129
COUNTIES SERVED: ALCONA, ALPENA, IOSCO,
MONTMORENCY, PRESQUE ISLE

ANN ARBOR

DV Project/SafeHouse Center

Crisis: (734) 995-5444
TTY: (734) 973-2227
COUNTY SERVED: WASHTENAW

Sexual Assault Prevention and
Awareness Center – University of Michigan
Crisis: (734) 936-3333

BATTLE CREEK

SAFE Place

Crisis: (269) 965-SAFE (7233)
Toll-Free: 1-888-664-9832
Phone: (269) 965-6093
COUNTIES SERVED: BARRY, CALHOUN, EATON

Sexual Assault Services of Calhoun County

Crisis: 1-888-383-2192
Phone: (269) 245-3925
COUNTIES SERVED: BARRY, BRANCH, CALHOUN, EATON

BAY CITY

Bay Area Women's Center

Crisis: (989) 686-4551
Toll-Free: 1-800-834-2098
COUNTIES SERVED: ARENAC, BAY

BENTON HARBOR

Child & Family Services of SW Michigan Safe Shelter (for Women and Children)

Crisis: (269) 925-9500
Toll-Free: 1-888-983-4275
COUNTY SERVED: BERRIEN

BIG RAPIDS

Women's Information Service, Inc. (WISE)

Crisis: 1-800-374-WISE (9473)
Phone: (231) 796-6600
COUNTIES SERVED: MECOSTA, NEWAYGO, OSCEOLA

CADILLAC

Cadillac Area OASIS/Family Resource Center

Crisis: (231) 775-SAFE (7233)
Toll-Free: 1-800-775-4646
COUNTIES SERVED: MISSAUKEE, WEXFORD

CALUMET

Barbara Kettle Gundlach Shelter

Crisis: (906) 337-5623
Toll-Free: 1-888-337-5623
(Upper Peninsula only)
COUNTIES SERVED: HOUGHTON, KEWEENAW,
ONTONAGON

CARO

Human Development Commission/ Thumb Area Assault Crisis Center

Toll-Free: 1-800-292-3666
COUNTIES SERVED: HURON, SANILAC, TUSCOLA

CHARLOTTE

SIREN/Eaton Shelter, Inc.

Crisis: (517) 543-4915
Toll-Free: 1-800-899-9997
COUNTY SERVED: EATON

COLDWATER

Branch County Coalition Against Domestic Violence/Shelterhouse

Crisis: (517) 278-7432
or: (517) 278-SAFE (7233)
TTY/TDD: 1-800-649-3777
COUNTY SERVED: BRANCH

DETROIT

Wayne County SAFE

Phone: (313) 964-9701
COUNTY SERVED: WAYNE

YWCA/Interim House Metro Detroit

Crisis: (313) 861-5300
COUNTY SERVED: WAYNE

Alternatives for Girls

Crisis: 1-888-234-3919
Phone: (313) 361-4000

EAST LANSING

MSU Safe Place

Phone: (517) 355-1100
(support and shelter)

MSU Sexual Assault Program

Crisis: (517) 372-6666

ESCANABA

Alliance Against Violence & Abuse, Inc.

Crisis: (906) 789-1166
Toll-Free: 1-800-682-1649
(Upper Peninsula only)

FLINT

YWCA of Greater Flint

Crisis: (810) 238-SAFE (7233)
COUNTY SERVED: GENESEE

GRAND RAPIDS

YWCA West Central Michigan

Crisis: (616) 451-2744
(domestic violence)
Crisis: (616) 776-RAPE (7273)
(sexual assault)
COUNTY SERVED: KENT

Grand Rapids Safe Haven

Crisis: (616) 452-6664
COUNTY SERVED: KENT



GRAYLING

River House Inc.

Crisis: 1-888-554-3169

COUNTIES SERVED: CRAWFORD, OGEMAW, OSCODA,
ROSCOMMON

HILLSDALE

Domestic Harmony

Crisis: (517) 439-1454

Toll-Free: 1-888-439-1454

COUNTY SERVED: HILLSDALE

HOLLAND

Center for Women in Transition

Crisis: (616) 392-1970

Toll-Free: 1-800-848-5991

COUNTIES SERVED: ALLEGAN, OTTAWA

HOUGHTON

Dial Help, Inc.

Local Crisis: (906) 482-HELP (4357)

Toll-Free U.P. Crisis Help Line:
1-800-562-7622

Victim Services Help Lines:

Toll-Free: 1-866-661-5589

TTY/TDD: 1-800-749-5870

Text: (906) 35-NEEDS (63337)

COUNTIES SERVED: BARAGA, HOUGHTON,
KEWEENAW, ONTONAGON

HOWELL

LACASA

Crisis: 1-866-522-2725

COUNTY SERVED: LIVINGSTON

IONIA

Relief After Violent Encounter (RAVE)

Crisis: 1-800-720-7233

Phone: (616) 527-3351

COUNTIES SERVED: IONIA, MONTCALM

IRON MOUNTAIN

Caring House, Inc.

Crisis: (906) 774-1112

(domestic violence)

Crisis: (906) 774-5524

(sexual assault)

COUNTIES SERVED: DICKINSON, IRON

IRONWOOD

Domestic Violence Escape, Inc. (DOVE)

Crisis: (906) 932-0310

Toll-Free: 1-800-711-6744

COUNTY SERVED: GOGEBIC

JACKSON

AWARE, Inc.

Crisis: (517) 783-2861

COUNTY SERVED: JACKSON

KALAMAZOO

YWCA of Kalamazoo

Crisis: (269) 385-3587

COUNTY SERVED: KALAMAZOO

L'ANSE

Baraga County Shelter Home

Crisis: (906) 524-7078

COUNTY SERVED: BARAGA

LANSING

End Violent Encounters, Inc. (EVE)

Crisis: (517) 372-5572

Toll-Free: 1-888-796-5222

COUNTY SERVED: INGHAM

LAPEER

LACADA (Lapeer Area Citizens Against Domestic Assault)

Crisis: (810) 667-4175

COUNTY SERVED: LAPEER

LUDINGTON

Communities Overcoming Violent Encounters (COVE)

Crisis: 1-800-950-5808

COUNTIES SERVED: LAKE, MASON, OCEANA

MANISTEE

CHOICES of Manistee County

Crisis: (231) 723-6004

Toll-Free: 1-800-723-7220

COUNTY SERVED: MANISTEE

MARQUETTE

Women's Center/Harbor House

Crisis: (906) 226-6611

Toll-Free: 1-800-455-6611

COUNTIES SERVED: ALGER, MARQUETTE

MIDLAND

Shelterhouse/Council on Domestic Violence and Sexual Assault

Crisis: (989) 835-6771

Toll-Free: 1-877-216-6383

COUNTIES SERVED: GLADWIN, MIDLAND

MONROE

Family Counseling & Shelter Services

Crisis: (734) 242-7233

COUNTY SERVED: MONROE

MT. CLEMENS

Turning Point, Inc.

Crisis: (586) 463-6990

COUNTY SERVED: MACOMB

MT. PLEASANT

Women's Aid Service, Inc.

Crisis: (989) 539-1046
(Clare County)

Crisis: (989) 463-6014
(Gratiot County)

Crisis: (989) 772-9168
(Isabella County)

COUNTIES SERVED: CLARE, GRATIOT, ISABELLA

Central Michigan University

Sexual Assault Services

Crisis: (989) 774-CALL (2255)

MUSKEGON

Every Woman's Place

Crisis: (231) 722-3333

COUNTY SERVED: MUSKEGON

PETOSKEY

Women's Resource Center of Northern Michigan

Crisis: (231) 347-0082

Toll-Free: 1-800-275-1995

COUNTIES SERVED: ANTRIM, CHARLEVOIX, CHEBOYGAN,
EMMET, OTSEGO



PLYMOUTH

First Step, Inc.

Crisis: (734) 722-6800
Toll-Free: 1-888-453-5900
COUNTY SERVED: WAYNE

PONTIAC

HAVEN

Crisis: (248) 334-1274
Toll-Free: 1-877-922-1274
TTY/TDD: (248) 334-1290
COUNTY SERVED: OAKLAND

PORT HURON

Blue Water Safe Horizons

Crisis: (810) 985-5538
Toll-Free: 1-888-985-5538
COUNTY SERVED: ST. CLAIR

SAGINAW

Child and Family Services of Saginaw

Crisis: (989) 790-9118
COUNTIES SERVED: BAY, MIDLAND, SAGINAW, TUSCOLA

Underground Railroad

Crisis: (989) 755-0411
Toll-Free: 1-888-399-8385
COUNTY SERVED: SAGINAW

SAULT STE. MARIE

Diane Peppler Resource Center, Inc.

Crisis: (906) 635-0566
Toll-Free: 1-800-882-1515
COUNTIES SERVED: CHIPPEWA, LUCE, MACKINAC

ST. JOHNS

Safe Center

Crisis: 1-877-952-7283
COUNTIES SERVED: CLINTON, SHIAWASSEE

THREE RIVERS

Domestic and Sexual Abuse Services

Toll-Free: 1-800-828-2023
COUNTIES SERVED: CASS, ST. JOSEPH, VAN BUREN

TRAVERSE CITY

**Women’s Resource Center of
Grand Traverse Area**

Crisis: (231) 941-1210
Toll-Free: 1-800-554-4972
TTY/TDD: (231) 946-1211
COUNTIES SERVED: ANTRIM, BENZIE, GRAND TRAVERSE,
KALKASKA, LEELANAU

*The information in this publication is available,
upon request, in an alternative, accessible format.*





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